



HOWNIIKAN

Mkogisos / March 2016

Top Photo: Castillejas, commonly called an Indian paintbrush, will begin to bloom in the spring. Photo taken in Shawnee, Oklahoma.

Oklahoma Senator seeks to complicate tribal compact process



Legislation authored by State Senator Greg Treat would require compacts be approved by two thirds of Oklahoma Senate.

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Lankford seeks new face for \$20 bill



Oklahoma Senator James Lankford proposes replacing President Andrew Jackson's likeness on the \$20 bill.

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Tribal Chairman Barrett honored as one of Oklahoma's most admired CEOs

The Embassy Suites in downtown Oklahoma City was filled with some of the state's well-known public, private and non-profit leaders on Feb. 18 for *The Journal Record* newspaper's "Most Admired CEOs" award banquet. Amongst those honored for their leadership was Citizen Potawatomi Nation's John "Rocky" Barrett, who has led the Nation to incredible growth in more than three decades as tribal chairman.

"It's humbling to be recognized along with so many capable and talented leaders," said Chairman Barrett. "It was always vital that we put our Nation on the right track as a business, service provider and tribal government. To be honored along with such accomplished people, it shows we have taken the right path in these areas."

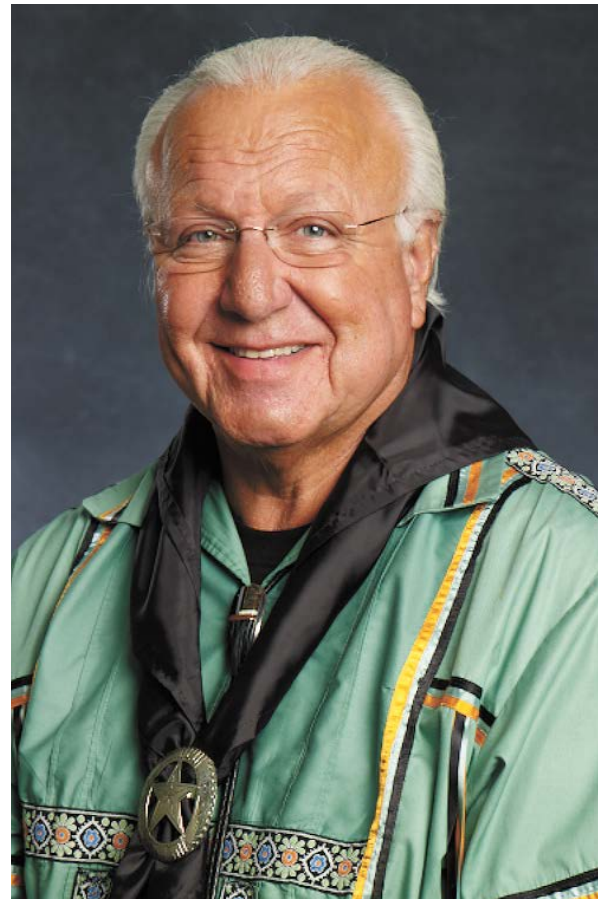
Since his first election as leader of the Citizen Potawatomi Nation in 1985, the tribe, its commercial enterprises and public service programs have grown exponentially. In the early 1970s, CPN had assets totaling just \$550 and less than three acres of land. Today it is a vibrant tribe of more than 32,000 with an annual economic impact of more than \$550 million. Through deft leadership and business acumen sharpened by years in the private sector, Chairman Barrett has been at the forefront of mak-

ing the tribe the largest employer in Pottawatomie County, with more than 2,200 Oklahomans working in its enterprises and programs.

First National Bank and Trust Co. President Larry Briggs endorsed the chairman's nomination, writing "I have... had the opportunity to observe Mr. Barrett's leadership of the Citizen Potawatomi Nation. Under his leadership, the Nation has prospered. Most people are in awe of the success that the nation has experienced."

While the state's energy-reliant economy has slowed, business in Indian Country remains steady. Chief Gary Batton of the Choctaw Nation was also recognized as one of the state's most admired CEOs, further emphasizing the impact that Indian Country has on Oklahoma.

The tribe's growth percentages under Chairman Barrett are impressive. From 1985-2014, CPN's revenue growth increased by more



Tribal Chairman John "Rocky" Barrett

than 700,000 percent. In that same amount of time, funds increased by nearly 4,000 percent.

During his tenure, the tribe has

Continued page 4

Capps wins prestigious Gordon Richards, Sr. Service Award

Longtime Tribal Vice-Chairman Linda Capps was honored with one of Shawnee, Oklahoma's most prestigious public service awards on Feb. 18 at the Shawnee Chamber of Commerce annual meeting. For her long service to the local community, Vice-Chairman Capps received the Gordon Richards, Sr. Service award.

The award is dedicated to longtime Shawnee resident and founder of Richards' Drug Store, Gordon Richards, Sr. It is awarded to citizens who have more than ten years of service to the community and have demonstrated their ability to overcome adversity, contribute to the development of local youth and been active in local political and civic affairs.



Linda Capps is presented her award by L.D. Wortham.

"I am so honored to receive the Gordon Richards Sr. award," said Capps. "Many of my friends and family were in attendance, plus several of my former students who I had not seen for years. It was, indeed, a very special evening for my family and me....one that we will always remember".

On hand to present remarks was Tribal Chairman John "Rocky" Barrett, who spoke at length of his longtime vice-chairman's dedication to the people of Shawnee.

"I could not think of a more deserving individual than my friend and colleague Linda Capps," said Chairman Barrett. "I knew the man that this award is named for, and he was a pillar of this community. Linda is equally so, and it is a great honor for me to tell you of all the good she has done for all of us in our community."

Born just down the road in the community of Harrah, Oklahoma, Capps began her professional career as a business teacher at Dover Public

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Potawatomi returns to Oklahoma for position with prestigious Indian law firm

Oklahoma City-based Crowe and Dunlevy has developed a reputation as one of the leading Indian law and gaming firms in the country. Its partners and associates are often found in courtrooms across the country, working for and with tribes on issues across the legal spectrum.

The firm recently added a Citizen Potawatomi Nation member, Jennifer N. Lamirand, to its roster of attorneys. We spoke with Lamirand about her background, experiences and some of the issues she'll be working on in the coming years.

Where are you from originally?

"I was born in Shawnee, Oklahoma. When I was young, my father worked at Shawnee High School teaching carpentry and photography, and my mother worked for Head Start.

"When Francis Tuttle Technology Center offered my mother a position teaching early childhood development in Oklahoma City, we moved to Edmond to allow her to take that position. I started in Edmond schools after that move and graduated from Edmond North High School in 2000."

As an Oklahoma State University grad, what took you to the London School of Economics?

"I see a lot of parallels between the issues tribal nations face when doing business with non-tribal companies and the issues international companies face when they conduct business abroad. From my previous study abroad experiences during my undergraduate and law studies, I knew about the LSE. I also knew about London's status as a center for international law practice and study.

"When I decided to pursue a Master of Laws degree, I knew that I wanted to go to London, if possible, in order to gain some more exposure to international law and to explore some of these parallels in more depth."

Following on that, what took you into the legal field? Coming out of law school in the midst of the recession must have been somewhat daunting given there were so many grads out there looking for jobs.

"It may sound cliché, but I entered the legal profession because I wanted to use my English degree to somehow make a difference. One of my best friends from high school and beyond talked me in to joining a pre-law fraternity with her while we studied at OSU. I attended some of the fraternity programs, and the speakers sparked my interest in the law. I realized that legal work can bring about great change, and it still utilizes the skills I cultivated while studying literature.

"Yes, 2008 was a difficult time to start out in the profession. Thankfully, I received a job offer from a wonderful firm in Los Angeles right out of law school, and my work there provided me with a solid base of litigation skills. I'm eternally grateful for that opportunity and for getting the chance to live and work in California for a time."

You've got quite a diverse academic and professional background. What brought you back home to Oklahoma to work for Crowe and Dunlevy?

"I initially returned to Oklahoma in order to set up a home base closer to my family. While here, I knew that I wanted to work in the area of Indian law if possible. It just so happened that an opportunity arose at Crowe and Dunlevy, and, of course, I jumped at it. I'm incredibly excited to work with such distinguished and knowledgeable attorneys, particularly in this field."

In Dec. 2015 you commented to the newspaper *The Oklahoman* about New York's Dec. 2016 ruling on fantasy sports betting. Do you see other states, including Oklahoma, trying to put a halt to this as well?

"Many states are using all of the press about fantasy sports leagues to develop their own legislation on the subject; however, not all of this legislation seeks to make fantasy sports illegal. Kansas already legalized most fantasy sports activity by taking leagues that meet certain conditions outside of their state definition of gambling.



Jennifer Lamirand

"The Nevada Gaming Control Board issued an opinion in October declaring daily fantasy sports leagues gambling under Nevada law and telling fantasy sports operators to obtain licenses before offering daily fantasy sports leagues in the state.

"Oklahoma recently joined the fray with the introduction of House Bill 2278 this month. This bill suggests both separating fantasy sports activities from the state definition of gambling and imposing certain obligations on fantasy sports operators."

In that Q&A, you mentioned that tribes should develop their own positions on sports betting as a whole. Have you seen any traction on this in Oklahoma or amongst other tribes in the U.S.?

"We certainly see tribes exploring possible online gaming operations at the moment, and some of the same concerns about daily fantasy sports pop up in discussions about online gaming and sports betting.

"As states hammer out legislation for daily fantasy sports, they must consider whether to allow and/or regu-

late these games, and, if they decide to do so, why such action seems appropriate for fantasy sports leagues, but not other sorts of sports betting.

"Some say that paying an entry fee to play in a fantasy sports league is not the same as a bet. Others disagree. Legislators will confront this issue, and it's a good idea for tribes to consider it too, so they can contribute to the development of the law."

What is it like working for a firm so heavily invested in Indian law as a member of a tribal nation? Is there a deeper personal investment in the issues you work on now compared to your previous work?

"It's wonderful to work for a firm that values tribal nations and supports their growth. I enjoy practicing law in general, but I do feel a different sort of connection to my Indian law work. It's a dynamic area of the law, and many litigation matters that touch on Indian law issues hold the ability to transform the legal landscape for all tribal nations. This forces Indian law attorneys to think critically about the law and their advice."

Hownikan

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The *Hownikan* is published by the Citizen Potawatomi Nation and is mailed free to enrolled tribal members. Subscriptions for non-members are available for \$10/yr. in the United States and \$12 for foreign countries. The *Hownikan* is a member of the Native American Journalists Association. Reprint permission is granted with publication credit to the *Hownikan*. Editorials/letters are subject to editing and must contain traceable address.

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State senator's bill seeks to alter compacts

Business and tax agreements negotiated between Oklahoma tribes and state government will face a more complicated oversight procedure if a bill filed in the state legislature is signed into law by Governor Mary Fallin this year. Compacts – the tribal-state agreements on taxes and fees revenue generated by tribal enterprises – are currently negotiated between the Oklahoma governor's office and each individual tribe.

Senator Greg Treat (R-Oklahoma City, Bethany) introduced legislation that will make all compacts negotiated between Oklahoma tribes and the state government require the approval of two thirds of the state senate. The lawmaker says that he believes the federal government's process on nation-to-nation agreements is the best way to model Oklahoma's interactions with its tribes. He explained that in order to best treat tribes as independent sovereign nations, the state should follow the federal government's process.

"I'm just trying to model it on that," Treat said. "It potentially impacts budget, it potentially impacts policy and I think it's inconsistent with the will of the people of Oklahoma to have that power vested in one individual."

Yet the people of Oklahoma have willfully elected this sitting governor twice; and she as the state's supreme executive, has negotiated directly with tribal leaders representing their own sovereign nations. Power struggles between executives and legislatures are nothing new, yet this one has the potential to harm one of the state's only steady economic engines, its tribes.

Because it was filed in the 2016 session, if the bill pass both chambers of the statehouse and is signed into law by the governor, it could potentially impact the next round of compact

negotiations for tribes across Oklahoma. Currently the effective date in the bill's language is set for Nov. 2016.

The Republican senator says that he understands that tribes may see the change in a negative light. He concedes that as nations and businesses, it's easier to reach an agreement with an individual rather than trying to seek passage through a body of 48 elected officials.

"I'm sure there will be some opposition to it," the senator acknowledged. "From a tribal prospective it's easier to deal with one person."

Conducting individual negotiations with 48 different people will be problematic for tribes, as it would for any business owner trying to reach a contractual agreement. This is especially true considering that a handful of those individuals may not see the benefit of any agreement with an Indian tribe.

Oklahoma prides itself on its Native American past and present, yet not every corner of the state is home to tribal governments and the jobs they provide. Consequently, some Oklahoma legislators do not see the impact of tribes in their constituencies, meaning passage of compacts by two-thirds of the Oklahoma Senate will be an incredibly complicated task for native nations negotiating in good faith.

In recent years, Oklahoma politicians have attacked tribes and their



Senator Greg Treat

role in the state, even on issues that the tribes have played no part in. The years'-long battle over the Oklahoma Indian Museum in downtown Oklahoma City, a boondoggle initiated at the legislature's request nearly three decades ago, was used as a cudgel by certain politicians from northwest Oklahoma who blamed its lack of funding partially on tribes who never requested its creation.

Given the extensive regulatory implications involved in compacts between the state and tribes, a failed passage through the senate will prevent the latter from spurring investment in jobs, infrastructure and public services for Oklahomans of all stripes.

Treat said that he understands those concerns. As a representative of the state of Oklahoma though, he feels the best way forward is to let the

elected officials have a say on compacts that can drastically impact the state budget.

"I think it's a better structural set up for an independent state dealing with an independent nation."

Yet it remains unclear why this bill, which is directed specifically at Indian tribes, has been introduced while none have been introduced for the state-to-state compacts to which he also says should have senatorial oversight.

The senator cites his experience at the federal level for former Oklahoma Senator Tom Coburn as also influencing the legislation.

"I can't imagine the House or the U.S. Senate going along with someone saying 'We're going to give unilateral authority to President Obama (or) President Bush...to negotiate with the Chinese government, with no input from us.'"

For the senator, state-tribal compacts aren't the only agreements that should be approved by the elected senate. He believes agreements with neighboring states like Texas should also be subject to the same process he is proposing.

In a narrow vote, the bill passed out of the Senate's General Government Committee with an amendment that explicitly excludes road construction projects from senatorial approval. Voting in favor of the measure were senators Treat, Nathan Dahm (R-Tulsa), Stephanie Bice (R-OKC), Corey Brooks (R-Washington).

As state legislators scramble to fill the \$1.2 billion budget shortfall created on their watch, complicating an established, effective business agreement process with tribes is a confusing approach.

FireLodge Tribal Youth update: March 2016

By Darin Greene, Coordinator, FireLodge Tribal Youth Program

Spring has hopefully sprung at the P.L.A.C.E. as we look for warmer weather to get the youth back outside.

The P.L.A.C.E. staff kicks off two new programs to start March for our youth; the Boys-to-Men Program and the Girls-to-Women Program. These 10-week programs focus on tribal life skills to our participants. The course will also feature CPN leaders and fellow community leaders who will discuss their professional and personal successes, giving our youth real life examples of what futures they have in front of them as Native American adults.

March is also Healthy Heart Month, and the CPN Diabetes Program will be conducting a four week program showing our stu-

dents the best ways to eat right and exercise.

The Get Native Program classes for March will turn towards warmer temperatures too, with the youth learning about the cultures and traditions of the southern Oklahoma tribes. This includes instruction on the history of lacrosse and how to play it. The youth will also start a series on the Potawatomi language with lessons by staff from the CPN Language Department.

The Get Fit Program will start off a new cycle titled 'Get bigger, stronger, faster.' This program is a series of speed and agility drills where each tribal youth will test themselves on motivation and determination while also getting in a bit of cardio.

Our card collecting club meetings continue, while Spring Break at the P.L.A.C.E. looks to be as active as ever. We'll have activities going on



Harley Sample, Pedro Posada, Mychal Wood and Sebastian Mason relax at the FireLodge Tribal Youth Mardi Gras Fest.

throughout the week, including visits to HeyDay Entertainment Center, FireLake Bowling Center and roller skating.

As always, FireLodge Tribal Youth

Program is looking for new program participants. If you or someone you know might be interested in attending or learning more about our activities, please email me at dgreene@potawatomi.org.

CPN Community Garden ready for spring

CPN’s first community garden was planted in 2014. Tending it has become an annual activity that many elders, tribal members and employees take part in. Not only do they get fresh fruits and vegetables, but the time in the garden together allows them to talk about Potawatomi traditions and foods.

With the winter season coming to an end, many of the regulars are planning and preparing this year’s spring garden.

“As of right now we are working on two grants to fund infrastructure expansion for the spring 2016 garden,” said CPN Cultural Heritage Center Director Kelli Mosteller, Ph.D.

The community garden is located in the southwest corner of the CPN Eagle Aviary as it was last year.

“Our first garden was on a small plot behind the golf course, but we quickly realized that was not the best location for a long-term project. We knew we needed to find a place that was easier to access, closer to a source of water, more

secure for all of the tools and equipment we needed to store,” said Mosteller. “We also wanted to put the garden in a place that would allow us to talk about cultural teachings beyond the garden and native food ways, so the aviary seemed the perfect fit.”

Along with the location, it was decided to plant traditional Potawatomi foods along with ones that would grow well in Oklahoma. Now that CPN has a greenhouse, many of those foods will be seeded inside and planted after the last frost, which is generally in March.

“Some items might not be considered traditional Potawatomi or Great Lakes foods, like peppers, lettuces, okra, and tomatoes,” said Mosteller. “However, there will be a Three Sisters portion of the garden where we will grow corn, beans, and squash. We are also planting several varieties of berries, including strawberries and blackberries.”

Although CPN employees manage the planning phase of the commu-



Time to dust out the greenhouse and start planning your spring garden.

nity garden, there will be a need for volunteers once the planting phase begins.

“We rely on tribal members, employees, elders and youth who are active in programs sponsored by the tribe to help with planting, harvesting, and general maintenance, like weeding,” said Mosteller. “It really is a community garden, so all are invited to help.”

As soon as planting begins, there will be a set schedule for work and harvest days posted and made public. On those days anyone is free to come and gather what vegetables and fruits they would like to take home.

For more information please visit their Facebook page, *Gtegemem: CPN Community Garden* at [cpn.news/garden](https://www.facebook.com/cpnnews/garden).

Barrett continued...

opened enterprises like FireLake Casino and the Grand Casino Hotel Resort, FireLake Golf Course, FireLake Arena, FireLake Discount Foods, Iron Horse Industrial Park and First National Bank and Trust Co., the largest tribally-owned national bank chain in the country. The Citizen Potawatomi Community Development Corporation, established in 2003, is another innovation begun under his leadership. The CPCDC has assisted more than 50 Native American businesses nationwide with working and startup capital.

These commercial and economic endeavors compliment the expansion of social and public services that have grown under his leadership. The tribal police force employs 25 CLEET-certified officers and more than 10 dispatchers and support staff for the Pottawatomie County 911 Dispatch Center, which is housed in the CPN Police Department headquarters.

Longtime colleague Linda Capps, who serves as tribal Vice-Chairman, supported the nomination, saying “He has led the CPN out of poverty into one of the most advanced tribal entities in the State of Oklahoma. His amazing ability to envision what Indian Country now knows as ‘Nation Building’ began for his own tribe in the 1970s. He has grown his tribe from a mere 2.5 five acres in ownership to an astounding 11,500 acres of land... In so many ways he will always be considered the hero of the Citizen Potawatomi Nation, a role in which I know him best.”

“I am proud of my accomplishments and what we have helped build at the Nation, but I couldn’t have done it without great leaders like Vice-Chairman Linda Capps, Secretary-Treasurer D. Wayne Trousdale, our tribal legislature and my fellow Potawatomi. I am thankful for being elected chairman and am honored to serve,” said Chairman Barrett.

Capps continued...

Schools. In 1977, she moved to Tecumseh Public Schools, where for seven years she taught business and served as the district’s Indian education director. She also served for a decade at the Oklahoma Bid Assistance Program and as an adult education instructor at Gordon Cooper Technology Center in Shawnee, Oklahoma.

In addition to her educational service, Capps has served as the vice-chairman of the Citizen Potawatomi Nation since 1990. During her tenure with Chairman Barrett, the Nation has increased its assets at an incredible pace, and today is the largest employer in Pottawatomie County.

She has served on the board of directors of numerous institutions, including the Federal Reserve Bank branch of Oklahoma City, Rural Enterprises of Oklahoma,

Inc., Gordon Cooper Technology Center Foundation, the Foundation Board for Seminole State College and First National Bank and Trust Co., the largest tribally-owned bank in the United States.

Though she was honored with one of the evening’s premier awards, Vice-Chairman Capps again reflected its criteria by expressing her happiness at seeing the graduating class of the Leadership Shawnee program. Amongst those graduating were CPN Education Director Tesia Zientek, FireLake Discount Foods Director Richard Driskell, FireLake Discount Foods Manager Michael Lester.

“That was impressive,” said Vice-Chairman Capps. “. I was very proud to have so many tribal members and employees involved during the evening.”

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SPECIAL THANKS TO TRIBAL MEMBER LYLE SIMMONS FOR INSPIRING THIS PROJECT

Wadase update: March 2016

By Bree Dunham,
CPN Eagle Aviary

February's article for the aviary didn't contain a great deal of information about *Wadasé Zhabwé* other than a brief description of her recent telemetry location and movements. We knew that would often be the case as she visits the aviary less frequently. While we were happy to report that she was doing well according to that data, we couldn't help but wish that we had more to share. The GPS data certainly is reassuring and is an incredibly valuable tool to monitor her progress but nothing compares to observing her with our own eyes.

The weather here has been relatively mild for this time of year and we hoped to do some field-work while it remained favorable. We still needed to check on the bald eagle nest we monitor in the northeastern portion of the state as

well as scout an area to the northwest of the aviary near Horseshoe Lake in Harrah where *Wadasé* continues to spend most of her time. After checking the extended forecast, we worked out a schedule to go out on the warmer days when we didn't have tours scheduled. Jan. 16 was the first date we scheduled. The evening before, we packed lunch and loaded everything in the truck. We were all set to leave the following morning but even the best laid plans don't always work out the way you had hoped. Sometimes they work out better.

Just after we finished breakfast, the eagles all began to vocalize. We headed towards the aviary, to see what had everyone stirred up so early, just in time to see *Wadasé* flying just inches above the enclosure before she landed on her crook out front. The last time she was at the aviary was Nov. 10, 2015. So all of our plans for this particular Saturday would just have to wait. We weren't going anywhere once she arrived and it isn't polite to



Landing gear out, Wadase goes in for a landing in the pasture at the aviary.



After a short flight around the pasture and across the creek, Wadasé brought her own lunch back to the aviary.

ignore your guest! We spent the better part of the morning watching her from the office window. As hard as it is, we try and give her space the first day she visits the aviary, limiting photographs from the office windows and keeping the grounds quiet as possible during the mornings. While we will never know how long she intends to stay or what makes her come back, we can only rely on what we have done in the past. So far that balance seems to work.

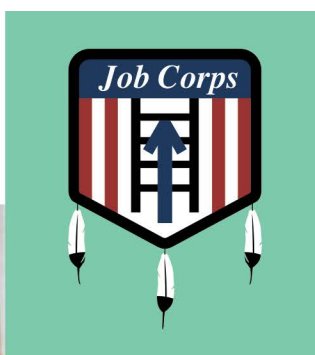
She spent the better part of the day in her favorite crook in the pecan tree out in front of the aviary, taking short flights around the pasture to the aviary and back to her perch. She even brought her own lunch back to her crook to eat. At dusk she headed towards the river.

The next morning we were in the office by 6:30 a.m. hoping she would spend another day at the aviary. When we finally decided to reload the truck, she came flying in at 7:40 a.m. just as the sunlight reached her

perch. She sat there soaking up the warm morning sun for several hours. Sometime after 2 p.m. that day she left. She was perched out front and then she wasn't.

After checking telemetry we know she returned to the area around Horseshoe Lake. We still have a visit scheduled to the area if *Wadasé* doesn't change those plans first.

As always we encourage you to keep your eyes out for *Wadasé* if you are near the areas she frequents. To follow her movements with us you can visit www.arcgis.com/home and search for "Potawatomi eagle." Send your encounters with *Wadasé* or any other eagles in Oklahoma or wherever you may to the CPN Aviary at aviary@potawatomi.org. For more information about *Wadasé* or the CPN Aviary visit www.potawatomiheritage.org/#aviary



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CPN Health Services welcomes new director, Chris Skillings

Health services provided by Citizen Potawatomi Nation continued to operate without missing a beat as the tribe’s clinics and wellness programs welcomed a new director. It wasn’t a completely unfamiliar face though, as well-known employee Chris Skillings re-entered the health services field.

“I know a lot of people are thinking, ‘Why is the guy running the bowling center in charge of the clinics?’” said Skillings. “The vast majority of my professional work has been in the healthcare and clinic industry though, so I’m excited to take the lead here with the great staff at CPN Health Services.”

Skillings is a native of Pottawatomie County, having graduated from Shawnee High School in 1982. He is a 1986 graduate of Rose State College’s Radiology Program and worked at Mission Hill Hospital before moving on to Seminole Municipal Hospital in 1988. Six months on the job at Seminole Hospital, Skillings became the director in the hospital’s radiology clinic, a position he stayed in until 1994 when he purchased a family practice in the town of Wewoka where he supervised three physicians and staff.

His ability to stay ahead in the highly complicated and competitive family medical practice sector led to an agreement with Holdenville General Hospital. Skillings’ clinic became a referral base for ancillary services

for Holdenville General. The agreement worked so well that eventually the hospital offered him the position of radiology director.

His success with the small town clinic drew the interest of one of the region’s best known healthcare networks, St. Anthony of Oklahoma City, who purchased the Wewoka clinic and made Skillings the assistant director with Health First, the network’s practice and physician management wing.

“That position was very similar to my current one with CPN,” Skillings noted. “During my tenure with St. Anthony, I managed seven different clinics and 11 physicians.”

Outside of the office, Skillings is a well-known member of the local bowling community. He has been a member of the Professional Bowlers’ Association for almost twenty years, and since 1980 has bowled in the PBA’s Southwest Regional Tour events and other professional competitions.

It was little wonder that when the director’s position at FireLake Bowling Center opened up in 2011, Skillings was one of the first names on the list to take over.

“Businesses are businesses, whether it’s a clinic, a bowling center or any other enterprise. I worked in healthcare for a long time, but I’m extremely passionate about bowling. So when I was offered the position

at FireLake, I thought it would be a nice change of pace.”

A change it was, but under Skillings, the pace has been anything but slow. Under his direction, FireLake Bowling Center has become one of the region’s premier destinations for high school, collegiate and professional bowling competitions. He has played an integral part in bringing three world-class tournaments to tribe’s enterprises, including the PBA-Grand Casino Summer Swing tournaments in 2013 and 2014 as well as the recent FireLake-PBA Tournament of Champions.

“I loved working at the bowling center, but more so, I consider it a privilege to be employed with the Citizen Potawatomi Nation. I took a day to decide if I wanted to go back to health, but as I told Chairman Barrett, I am looking forward to the new challenges and responsibilities as the director of health services,” said Skillings.

It’s another change of pace, but three months into his tenure, the Shawnee-born Skillings is happy to be where he’s at. He continues to meet



Chris Skillings

with a range of CPN staff like the CPN Office of Self-Governance to better understand the nuances associated with Indian Health Services and other Indian Country healthcare minutiae. It’s a learning experience for sure, but given his track record and professional accomplishments, patients look to be in good hands.

To learn more about CPN Health Services, please visit www.potawatomi.org/services/health or call (405) 878-4693.

CPN Veterans report: March 2016



By Daryl Talbot, Commander Bozho,

February was Heart Health Month for the VA. It is a very special topic for me personally. In March 2014, my wife talked my doctor into giving me a stress test to see if I was prone to having heart problems.

I felt fine, but I agreed, and my doctor went along. A problem was discovered and I ended up having a triple bypass heart operation which saved my life. The VA is encouraging veterans, especially female vets, to work with their primary care providers to make a personal plan for heart health. If you ha-

ven’t had a primary care visit in a year, you are encouraged to “make a date” with your doctor. If you have questions about this, please get in contact with the CPN Healthy Heart Program. This is what they are there for. Information about the Healthy Heart Program can be found at www.cpnhealthyheart.com or by calling 405-395-9303.

Heart disease is the number one killer of Americans, and high blood pressure, diabetes, high cholesterol or smoking can increase your risk.

Ignore the myths. Here are the facts:

Heart disease affects all ages. Smok-

ing boosts heart disease risk by 20 percent.

Even if you exercise regularly, cholesterol, poor eating habits and smoking can counteract your healthy habits.

A large percentage of those who die suddenly of coronary heart disease had no previous symptoms. Symptoms between men and women vary greatly and are often misunderstood.

Heart Disease Symptoms

- Tiredness. You may feel abnormally tired.
- Feeling out of breath. Feeling abnormally winded when walking or climbing stairs.
- Pain in chest or arms. Tightness and sharp pain, also numbness and tingling are signs of potential heart problems.
- Prolonged coughing. This is often caused by fluid in the lungs and may get worse when lying on your back.
- Feeling light headed. If you often

- feel dizzy when you stand up, don’t ignore it.
- Swollen body parts (Edema). It can be a warning sign.
 - Vomiting or feeling nauseous for no apparent reason.
 - Heart fluttering. When it feels like your heart is skipping a beat (heart palpitation).
 - Genetic predisposition. Family history of heart disease. (This was my case.)
 - High blood pressure and bad cholesterol levels. Check them regularly.

Please see to your health. We need all of our CPN veterans. *Migwetch.*

Remember the CPN Veterans Organization meets every month on the fourth Tuesday at 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN and spouse veterans and their families are welcome. A meal is provided.

Tribal member and FireLake Arena employee Jeremy Gregson steps into the boxing ring

Three minutes of exercise doesn't sound like a long time, but when factoring in an "exercise partner" who is trying to inflict physical pain and damage on you, that perspective changes. Jeremy Gregson only trained for two months before his first ever fight and is the first tribal member to do so at FireLake Arena. He spoke with the *Hownikan* about his match at FireLake Arena and what it's like to compete in front of hundreds of spectators.

How did you get into boxing?

"It was Aug. 2015 when I made the decision to try my hand at boxing. I weighed 204 pounds so I started to cut weight, train and do cardio to get to 185 pounds for my first fight. For the first month I didn't even box and only started to spar with boxing gloves about two months into my training.

"I played baseball my whole life and then became a personal trainer for 18 years, which had a lot to do with my getting into boxing. I used to train with a professional boxer and was aware of what went into it. It's something that I've always wanted to do, but I never actually stepped into the ring."

Why boxing and not MMA?

"If you talk to people in both sports, the hype has died down quite a bit in MMA and boxing is making a bit of a comeback. There are some big names on Showtime and HBO and some great local fighters are making names for themselves.

"For me I will always stick with boxing because I had a leg injury from a car accident back in 2002 that will keep me from competing in anything that has to do with wrestling and grappling.

"With my injury it makes it hard enough in the boxing ring. I had



Jeremy Gregson

some nerve damage in my right ankle so it rolls continuously. It makes conventional boxing training difficult because I'm limited in what I can do, so I have to find alternate exercises like jump roping and running. It's not something that I let hold me back though."

How did the fight go in your opinion?

"Of course I had the fight planned out how I wanted it to go in my head. I wanted to get a couple amateur fights under my belt before I stepped into the ring professionally or at least a pro fight before I fought at the arena.

"This is my backyard so to speak. I grew up in Shawnee, went to school at Dale, went to college at East Central, I'm a tribal member, I work at the arena so I knew was going to have a lot of people here to see me and that's something that added pressure to my first ever fight. It was a four round decision, but I didn't get knocked out, which was the absolute last thing that I wanted to happen.

"To say the least, I'm not happy with how it went. I'm not going to complain about it. I took a fight with a guy who was 20 pounds heavier than me

and by fight time, he was 30 pounds heavier. I took a lot away from the fight and know the stuff that I need to work on. Hopefully with what I'm taking from this fight and some training, I'll be able to showcase boxing that I've learned into my next fight."

From the fight footage it looks as if he would come in with several punches and then clinch. Do you think this is what his corner planned?

"He would come in with a right hook or straight jab and we'd lock up. I didn't realize how bad it was until I saw the footage and the referee breaking us apart and telling us not to grab. Talking to him and his camp, they knew he was lot heavier than me and could throw his weight around. With that, I didn't want to spend all of my energy trying to break free so my game plan was to have the referee separate us."

You were expecting to fight someone else. What happened?

"When I initially started this I knew I didn't want to fight heavyweight because it's 200 pounds and above. You can be fighting guys 30 to 40 pounds heavier than you. My trainer and I

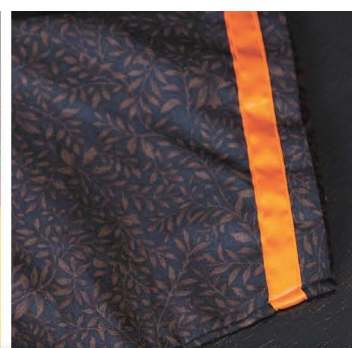
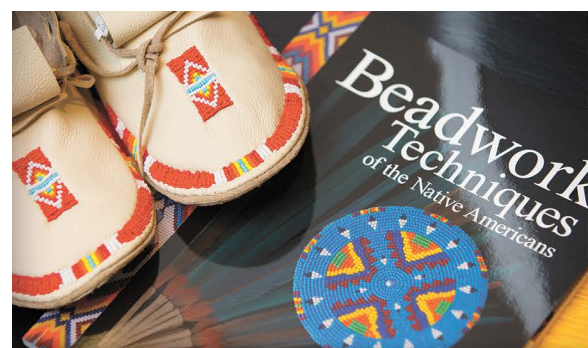
decided to fight at Cruiserweight at 185 pounds. Approximately 10 days before the fight I got the word that my opponent tore his rotator cuff. With this being my first fight, we didn't want to get someone in there with a more substantial amount of experience than me so they gave me several options to choose who to fight.

"I ended up choosing Lucas Queen, but I didn't know that he was 40 pounds heavier than me at the time. We were supposed to meet at 200 pounds and I felt strong at 190 so when I got to the weigh-in Queen had messaged the promoter explaining that there wouldn't be any way he could get down to 200. Queen was at 207 and asked if I would still take the fight. At weigh-ins he came in at 210 pounds. If I didn't take it, my family and friends who bought tickets wouldn't see the fight and no one would have been paid; so I took the fight. I took a lot away from it, but I'm not upset about it. It was my first time in the ring and there are quite a few positives I can take away from it."

What's your motivation to fight at such a late age?

"One of the main reasons why I did this was to inspire my wife and kids. I coach baseball and basketball, and quite a few of the kids I coach were there to see my fight. If I could inspire just one of them or even someone who thinks they're too old to do this, then that is a victory for me. Once my wife or my body says 'stop', then I will. In the meantime, I'm looking forward to that feeling when I stepped into the ring for the first time."

Those interested in watching Jeremy's first fight can see it on HD Boxing's YouTube page at cpn.news/jgfight.



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Lankford calls for Jackson's removal from \$20 bill

As the president who signed the Indian Removal Act, Andrew Jackson is not an idolized figure in Indian Country. First a frontier Indian fighter against the Creeks, then as an American president who ignored a U.S. Supreme Court ruling in favor of the Cherokee Nation in *Worcester v. Georgia*, there is little endearment for the nation's seventh president especially amongst Oklahoma's tribes.

In recent years, Jackson's place on the U.S. \$20 bill has become almost as controversial as his legacy. Now, one Oklahoma senator is calling on the U.S. Treasury Department to remove the former president known as "Old Hickory" from the note permanently.

In response to the Obama Administration's 2015 announcement that the treasury would begin consultations on replacing Alexander Hamilton's likeness on the \$10 bill, Oklahoma Senator James Lankford (R-OK) introduced a resolution supporting Jackson's removal from the nation's currency.

"The administration has already announced they will place a woman on the \$10 bill in 2020," said Lankford. "I support recognition of a historic American woman on the twenty-dollar bill and the removal of Andrew Jackson, since he began the Indian removal policies that forced thousands of American Indians off their ancestral homelands."

According to Lankford's spokeswoman Aly Beley, the resolution has

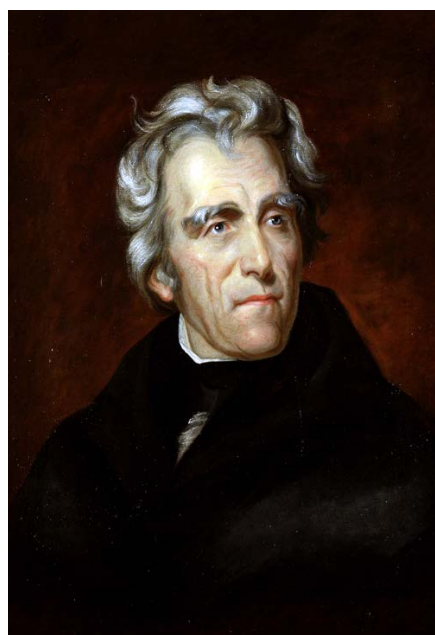


Senator James Lankford

been referred to the Senate Banking, Housing and Urban Affairs Committee and is awaiting consideration.

The resolution is the first action from policy makers concerning the treasury's consultations on changing likeness on the nation's currency since the treasury's announcement. Critics of the former president have long called for his removal from the bills, though some have countered that the growing critiques of Jackson stem from a recent rise in left-leaning academia and misunderstandings of historical fact.

In a June 2015 op-ed on www.politico.com, Professor David Greenberg of Rutgers University said critics of Jackson's legacy "represent the over-



Andrew Jackson by Thomas Sully

ripe fruit of two generations of anti-Jackson scholarship." Greenberg cited historians like Charles Beard, Arthur M. Schlesinger and "1970s New Left historians such as Michael Paul Rogin, awakening to problems his predecessors had ignored, placed Indian removal at the core of Jackson's legacy and racism at the heart of his vision."

Lankford's office contends that while it can acknowledge Jackson's role in American history, such an acknowledgement does not have to equal a place of honor on one of the nation's most potent symbols; its currency.

"As the Treasury Department is currently seeking public comment to remove Alexander Hamilton and place

a woman on the \$10 bill, the resolution was introduced to recognize the many aspects of American history impacted by President Andrew Jackson," wrote Lankford's spokeswoman Beley. "Although he did have good policies as president and was a hero during the War of 1812, his Indian removal policies that led to the forced migration of Indians from the southern states to what is now Oklahoma were abhorrent. Although no tribe officially approached the Senator's office to request the resolution, the removal would allow Native Americans to use American currency without a constant reminder of their ancestor's plight."

Jackson originally featured on the \$20 bill in 1928, after the bill's previous face, President Grover Cleveland, was moved to the \$1,000 bill to replace... Alexander Hamilton. Jackson's likeness on the notes issued by the U.S. Federal Reserve Bank seems sardonic when considering his dissolution of the Fed's forerunner, the Second Bank of the United States, through presidential veto in 1828. The Tennessee-native was deeply mistrustful of moneyed interests, best exemplified in the Bank of the United States and its notes which represented the interests of "money power" over common Americans at the time. The fact that the same individual who so detested paper money now risks having his likeness struck off those same bills is not without irony.

Focus on healthy life decisions over debating merits of medicines

Amidst the constant debate over vaccinations, one central point is often overlooked. The need to focus on healthy life choices, whether eating better, exercising more or using preventative medical visits, is often left out of such discussions. While the majority of medical research has time and again proved the efficacy of vaccinations in preventing the spread of communicable diseases, the value of being in good health when flu season strikes cannot be discounted. The *Hownikan* spoke with CPN Health Services Nursing Coordinator Amber Curtis and CPN Physical Therapist James Bailey about staying healthy through preventative measures before medicines become necessary.

What are some ways to be healthy and avoid overusing using medicines?

Bailey: "I wish there was a simple fix in helping most people decrease their pain. The unfortunate truth for most is they have to become an active participant in their treatment plan and help make goals that are obtainable but challenging. There is plenty of research showing how improving eating habits and exercise can have beneficial effects on decreasing pain, improving memory, improving quality of sleep, increasing the immune system, helping heart disease, reducing stress and anxiety, etc."

Vaccines don't give full immuniza-

tion from the flu virus. What are ways people can avoid catching it?

Curtis: "Your first line of defense is always going to be hand washing. The flu can survive on hard surfaces, so keep your desk, door handles and anywhere else that your hand constantly touches clean with antibacterial wipes. Peak time for the flu is late September through March, but there is no such thing as the 'flu season' anymore because we see it all year round."

What are some ways to avoid using over-the-counter medicines to heal?

Bailey: "Pain medications are absolutely beneficial for some patients and they help us in the physical therapy clinic to allow patients to increase their level of function. As with most health professionals, I do not believe pain medication is the solution for most patients with chronic pain. If it was, then chronic pain would be much better controlled in the world."

"One way to help decrease the use of over-the-counter medications is to find an alternative. One of the great benefits of aerobic exercise is our bodies will produce endogenous opioids which act as a natural pain medicine. Just exercising at about 50 percent of max capacity for 10 minutes or more can start the process of your body releasing natural analge-

sics (pain meds). This is one strategy we utilize and are learning more about to help decrease pain."

Do you have any suggestions for diabetics who heavily rely on medication?

Curtis: "The biggest way for someone to affect their diabetes positively is to get up and move. It's a proven fact that when you exercise, you require less insulin. When you rely on insulin too much, you create your own highs and lows of blood sugar levels."

"Eating fewer carbohydrates - which turn to sugar - will also decrease your need to use insulin. Replace bread, pasta and rice by adding more vegetables into your meals. Eating less processed food is another way to live healthier and keep your insulin demands much lower."

"When it comes down to it, the more you move the less you rely on these medications. Thinking that you need more pills, or a different brand of pill or a stronger pill to fix your diabetes won't help. There isn't a pill for everything."

What are your suggestions for working through pain to get healthy?

Bailey: "One of the greatest parts of our job is helping patients to throw out the old adage of 'no pain, no

gain.' The two cycles I see most in the clinic are first, people who push through pain to finish a task and then have increased pain for days afterwards."

"Next are the people in so much fear of pain that they avoid doing anything that could remotely cause it. They begin to limit most of their daily activities to the point where they barely function."

"We now know the more beneficial way of working through pain is to understand your limits and set obtainable goals without causing a flare up. We teach our patients regularly to respect their limits, but to find them none the less. When they have determined their limits, we ask them to gently nudge into the pain, and then back off as to not cause a flare up. The key is to push our bodies to adapt."

"This approach allows us to slowly increase our ability to perform more of a task before our limit is reached. This approach is called graded exposure and can be used with any task around the home, work duties as well as a general exercise program."

If you would like to learn more about the offerings of the Citizen Potawatomi Nation Health Services, please visit <http://www.potawatomi.org/services/health/clinics> or call 405-878-4693.

Bethel STEM Club tackles earthquake challenge

A small group of high school students who have already won \$10,000 for solving an environmental challenge within the community is shaking things up by tackling Oklahoma's earthquake problem.

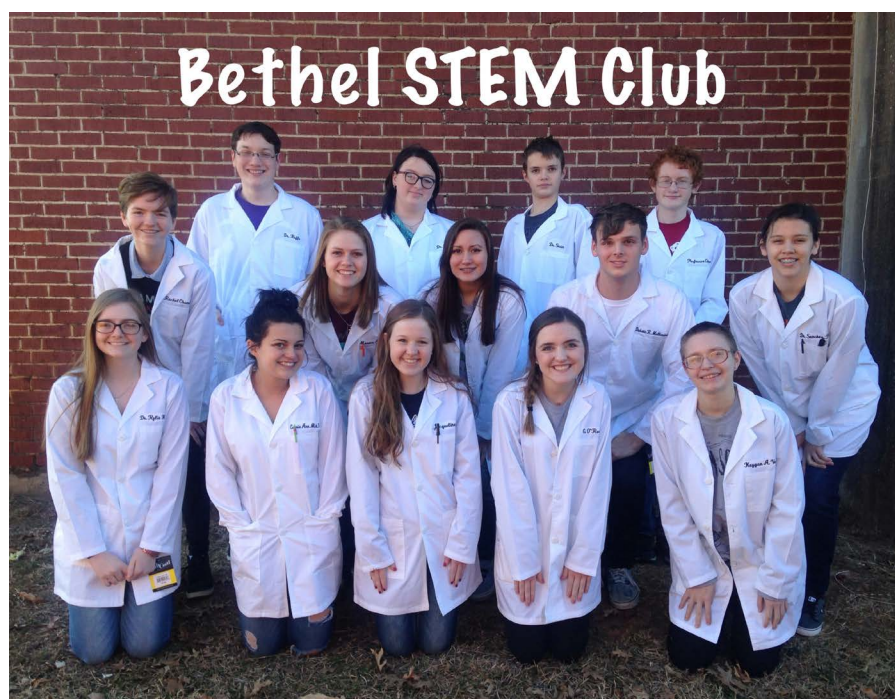
The STEM Club at Bethel High School incorporates science, technology, engineering and math in its weekly after-school meetings, and this semester the club is making a difference by increasing awareness of earthquake safety practices within schools. A seven-member group analyzed earthquake studies and created a free printable earthquake safety brochure for schools, available on its student-created website. In addition, the group, which calls itself The Earth Shakers, produced a short video illustrating correct earthquake drill procedures and presented safety lessons to children at Bethel's middle school.

The STEM Club at Bethel High School began with a \$500 contribution from Citizen Potawatomi Nation.

"We are hoping more schools will start doing earthquake drills just as much as they do fire and tornado drills because there's much more of a chance of earthquakes happening during school than a fire or a tornado," said Alicia Mathis, who initially joined STEM Club to help her in math class.

Annie Keehn, club adviser and a science teacher at Bethel High School, said earthquake awareness has become important in Oklahoma with the recent increase in seismic activity. The group's involvement in safety procedures garnered the attention of State Secretary of Energy and Environment Michael Teague, who visited the school in January to talk to students about their Earth Shaking Project.

The Earth Shakers entered their homemade earthquake resources in the second part of the national Lexus Eco Challenge competition, which calls for students nationwide to address air and climate issues. In October, the other eight students in the STEM Club, The Noteable Re-



Bethel High School STEM Club.

cyclists, submitted an action plan for the first part of the Eco Challenge, addressing land and water conservation. They won one of the contest's biggest prizes: \$10,000.

Bethel lost its recycling program last year when its recycling provider started charging for services. With no money in the school budget to continue the program, the students sought ways to recycle internally, which led them to develop a method to create notepads from discarded copy paper. The students then created a website and produced a video demonstrating how to make the notepads with everyday classroom objects such as rulers and glue guns. As part of the \$10,000 prize, each student received \$875, which will help pay for college, a first car for one student and a mission trip to South America for another. Of the remaining prize money, \$1,000 will go toward expanding club activities. In the fall, the students hosted a homecoming dance to raise money to attend a genetics conference. The final \$2,000 of the prize money will be used to reestablish the recycling program at the school for years to come.

"I'll be gone, but the recycling will go on," Mathis said.

Keehn said the recycling program has been missed. The school has been fielding phone calls from mem-

bers of the community asking where the outdoor bins went. She hopes with their return and the publicity the STEM Club has generated, people who didn't recycle before will be encouraged to join in when the bins return to the school.

"STEM isn't just about science, technology, engineering and math. It's about coming together and learning how we can make a difference in our area and how we can change the world," said Carrie Mick, a junior. "When we started doing this group project, I thought, 'How is one little STEM club from Bethel going to change anything?' But STEM really does make a difference everywhere around you."

Mick said STEM Club has taught her a lot about finding solutions to problems and pursuing her goals.

"This really opened up a lot for me. I want to be a registered nurse. It was a dream at first, but now I know I can actually do this. It put a lot of drive in my heart for what I really wanted to do, and it proves we can do what we want if we really set our minds to it," Mick said.

Ryan Sanchez, who is choosing between a future in epidemiology and microbiology, said she has learned about future careers through her involvement in the club.

"We learned a lot about STEM jobs in the real world to help us narrow down what we want to do. STEM jobs are going to be the most important jobs in the next couple of years. Now that we know our strengths and weaknesses, it's easier to figure out what we want to go into after high school," Sanchez said.

Russell McCreary II, a sophomore who wants to become an oncologist, said the camaraderie with like-minded students made the groups successful.

"Working in groups really brings out what you like to do and what your strengths and weaknesses are, so you can use that information in your career," McCreary said.

Keygan Veeley, a STEM Club member who was also selected to serve on State Superintendent of Public Instruction Joy Hofmeister's Student Advisory Council, said the students learned a lot about solving real-life problems.

"The whole group came together and worked together on an idea and tried to find the best way that we could make notepads efficiently," Veeley said.

In addition to sponsoring the STEM Club after school, Keehn has gained recognition in the state for her work in the classroom. Keehn is a 2016 recipient of the Rising Star award, given by the Oklahoma State Department of Education to teachers who demonstrate great skill and potential. She designs her lessons so that students see the relevance in their own lives, which keeps them engaged and helps them retain information.

As first-round winners of the Eco Challenge, The Noteable Recyclists will tackle another environmental issue this spring when they compete against 14 other teams across the nation in a final, third round of the challenge for the grand prize: \$30,000 in college scholarships.

CPN TAG AGENCY POLICY NOTICE

On January 4, 2016, the CPN Tag Agency began issuing two new decals:

Off Road Use (for ATV's, Off-Road Motorcycles)
Non-Use (also known as 'black tag')
(Boats not included)

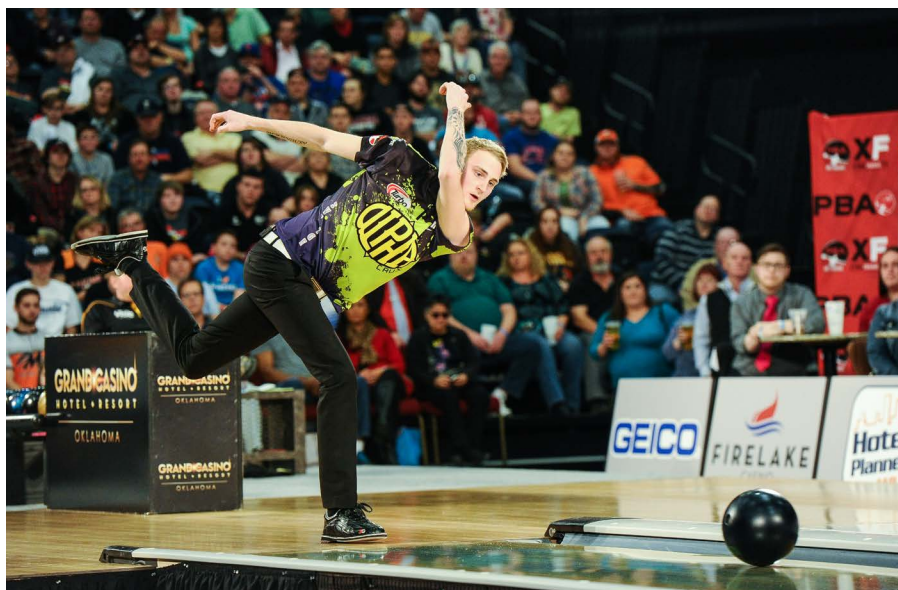
Tribal members using CPN tags must be in compliance with the new policies and procedures. The full policies can be found at potawatomi.org/services/tag-office or by calling the CPN Tag Agency at 1-800-880-9880. Please call before you register your tags so that all documents needed for your registration are met.



FireLake-PBA Tournament of Champions draws nearly one million viewers on ESPN

One week of the world's best bowling at FireLake Bowling Center culminated at the grand event inside FireLake Arena on Super Bowl Sunday, as 20 year old Jesper Svensson of Sweden took home the title at the FireLake-PBA Tournament of Champions. Svensson, the 2015 PBA Rookie of the Year, was the youngest player ever to win the tournament.

"I try not to think about how young I am. I just try to compete against the best in the world," said Svensson. "Everything has gone pretty quick for me. I just came out here (on Tour in the United States) to get experience. I probably haven't even realized what I've done so far. Winning a major is one of the biggest achievements you can have in bowling, so I'm pretty much out of words."



Jesper Svensson in the final of the FireLake-PBA Tournament of Champions. Photo courtesy of PBA LLC.

Svensson's record win wasn't the only impressive feat of the day, as the pre-Super Bowl timeslot saw nearly one million viewers tune in to the ESPN live broadcast. To date, the FireLake-PBA Tournament of Champions finale was the highest rated PBA telecast of the broadcaster's 2015-16 season, and was a 17 percent viewer increase over the previous year's tournament.

Said FireLake Bowling Center Director Chris Skillings, "Going off the turnout of a week of qualifying tournaments at FireLake Bowling Center and then the final at FireLake Arena, to hear of the viewership numbers is just icing on the cake. Citizen Potawatomi Nation has proved itself as a premier professional bowling destination, and this latest tournament is just more evidence of that."



Chris Skillings, Jesper Svensson, Tracy Peltier and PBA CEO and Commissioner Tom Clark. Photo courtesy of PBA LLC.

Skillings, FireLake Arena Director Tracy Peltier and Grand Casino Hotel Resort Marketing Director Chad Mathews were instrumental in bringing the tournament to the arena after successfully hosting of the PBA-Grand Casino Summer Swing series in 2013 and 2014.

"When we took the idea of moving a tournament to the arena, Tribal Chairman Barrett and Vice-Chairman Capps were both enthusiastic and trusted us to get it done," explained Skillings. "Our staff at the bowling center and Tracy's staff at the arena did incredible work in getting everything done, which shows what a great operation we have here at the tribe."

It wasn't all bowling competition

during the Tournament of Champions, with the PBA hosting its 2016 Hall of Fame induction ceremony at the Grand Casino Hotel Resort early in the week of competition. PBA50 Tour standout Pete Couture of Cocoa, Florida, former South Region Manager Harry O'Neale of Ravenel, South Carolina and former PBA Tour announcer Denny Schreiner of Akron, Ohio were inducted into the hall. On Saturday, professional bowlers teamed up with local Shawnee bowlers of all skill levels in two pro-am tournaments.

"When the PBA comes to town, it's a big show and a big event for Shawnee. We're just happy to be able to provide the venue and entertainment," said Skillings.

Rossville football standout gains national attention

There seem to be number successful Citizen Potawatomi athletes in the Kansas-Missouri area. Tyler Bray of the Kansas City Chiefs, Ron Baker of the Wichita State men's basketball team and Team USA and Lindenwood University's Mary Killman are all tribal members who have excelled in their sports. One addition to that list comes from the CPN outpost of Rossville, Kansas. Tucker Horak, a three time state champion for the Rossville High School football team, is a Kansas gridiron legend.

Horak, who scored all three touchdowns in his team's most recent 20-19 state championship game victory, is the state's career leader in touchdowns scored with 185. All of this was done under center as the team's quarterback for the state title in his junior and senior seasons.

"It was very tough to win it my junior year, but to win it a second time the very next year was a whole new level of difficult," said Horak. "When you win a championship the first time, you can expect to have a target on your back and get everyone's best shot until you pick up your first loss. We were blessed to end on a high note and not have to experience that loss."



Tucker Horak

Horak also shattered single season state records for a quarterback, finishing his career with 2,859 rushing yards and 2,072 passing yards.

The numbers he racked up also put him in national record books. His career total of 12,834 yards for Rossville puts the him sixth all-time

nationally for a high schooler. Factoring in that, it wasn't surprising that he was featured in *Sports Illustrated's* 'Scorecard' section in Dec. 2015.

It was somewhat surprising that despite some conversations with Kansas State University, Horak didn't

generate a lot of interest from Division 1 programs come national signing day in February.

According to the *Topeka-Capitol Journal*, Horak was told by K-State that his 40-yard dash time wasn't fast enough. Instead Horak intends to play for perennially ranked Division 2 Pittsburg State University.

"It's going to be a great experience for me. I get the opportunity to continue playing the game I love at a high level for the next four to five years of my life. The program I'm going into is a top national contender which will make the ride all that much more fun," he said.

Horak, who is a descendent of 1887 tribal roll signee Sophia Sioux, says that in the long term he intends to major in athletic training and minor in exercise science. In the interim, though, the Rossville-native's goals are a little more familiar given his success on the gridiron.

"My long term goals are to do everything I can to help my team be successful and obviously win a national championship in the process."

Given his track record, it doesn't appear to be a goal too far outside the realm of possibility.

CPN Supreme Court Justice Rice walks on

Citizen Potawatomi Nation is saddened to announce that longtime Supreme Court Justice William Rice has walked on. The Nation offers its sincere condolences to his family in this time, and wishes to express its utmost thanks to Justice Rice for his role in furthering law in Indian Country.

G. William "Bill" Rice, a longtime Attorney and Professor of Native Law at the University of Tulsa, passed away on Feb. 14, 2016 at Hillcrest Hospital in Tulsa with his family by his side at the age of 64. Funeral services were held on Feb. 17, 2016 at the Sac and Fox Community Center in Stroud, Oklahoma. Interment followed at Hunter Cemetery in Cushing, Oklahoma.

Bill was born on Aug. 3, 1951 in Anadarko, Oklahoma to the late Edgar William and Dorris Irene (Aldridge) Rice. He graduated from Madill High School in 1969. Bill attended Phillips University in Enid, graduating with a B.A. in Chemistry in 1973; Lowell Technological Institute in Lowell, Massachusetts, graduating with M.S. Program in Radiological Safety and Control in 1975; University of Oklahoma College of Law, Norman, Oklahoma., graduating with a J.D. 1978 Editor, American Indian Law Review.

Bill married the love of his life, Annette Hunter on Jan. 24, 1981 in Moore, Oklahoma. They lived in Norman and then moved to Cushing where they have lived for numerous years.

Bill had an extraordinary career in practice and as an academic focusing on issues and rights of American Indians and indigenous people around the world. Rice, a member of the United Keetoowah Band of Cherokee Indians in Oklahoma; served as Attorney General for the Sac and Fox Nation; Chief Justice for the Citizen Potawatomi Nation; Assistant Chief and Chief Judge for the United Keetoowah Band of Cherokee Indians in Oklahoma and Associate Justice for the Kickapoo Nation of Indians in Kansas. He was a tireless advocate for Indian tribes and Indian peoples, successfully arguing on behalf of the Sac and Fox



G. William "Bill" Rice

Nation in the U.S. Supreme Court in Oklahoma Tax Commission v. Sac and Fox Nation, 508 U.S. 114 (1993). He played an active role in the United Nations Working Group on the Rights of Indigenous Peoples, which led to the U.N. General Assembly's Declaration on the Rights of Indigenous Peoples. When he began this work, Rice would frequently say "indigenous people – that's me!" with a twinkle in his eye.

Clearly, his impact reaches from central Oklahoma to Geneva, Switzerland, and his passing is a great loss to many.

Rice joined The University of Tulsa College of Law in 1995 teaching constitutional law, jurisprudence, international indigenous law, Native American and indigenous rights,

tribal government and tribal gaming law. He treated his students with great compassion and kindness while challenging them to achieve at the highest levels. In addition to TU Law, Rice taught at Cornell Law School, University of North Dakota School of Law, University of Oklahoma, University of New Mexico and Antioch School of Law's Indian Paralegal program.

Rice's book, "Tribal Governmental Gaming Law," is the first law school casebook for use in Indian gaming law classes. He contributed to the two latest revisions of Felix Cohen's classic Indian law treatise, "The Handbook of Federal Indian Law," and wrote extensively in the field of Indian law. Regularly called upon to speak at scholarly and government

tal meetings, his speaking engagements included presentations to the United Nations Workshop on Indigenous Children and Youth, University of Paris VII – Denis Diderot, The Federal Bar Association's Indian Law Conference, the Oklahoma Supreme Court's Sovereignty Symposium and numerous appearances at functions sponsored by government agencies, major university law schools and Indian tribes.

Rice's great passions were the implementation of the U.N. Declaration on the Rights of Indigenous Peoples and the revitalization of the legal and political systems of Indian tribes. He was the founding director of the LL.M. degree in American Indian and Indigenous Law and the Master of Jurisprudence in Indian Law and served as co-director of the Native American Law Center at TU Law.

Rice was a teacher and mentor to generations of Indian lawyers. He had enormous influence on the field of Indian law.

John LaVelle, his colleague from the University of New Mexico, best expressed what Rice meant to those who knew him: "Bill was a champion for Indian people in heart, mind and soul. I am honored to have known and worked with him."

Bill enjoyed gardening. His grandchildren were his pride and joy.

Survivors include his wife: Annette of the home; sons: Lloyd Hunter of Cushing, John Queton and wife Jennifer of Cushing, Brian Queton and wife Tracey of Jenks, Harrison Rice and David Rice of Oklahoma City; daughter: Karen Rice and Brandon One Feather of Falcon Heights, Minnesota; brother: James S. Rice and family of Cumberland, Oklahoma; sister: Laurie G. Rice and Nancy Damron of Sun Valley, California; grandchildren: Ivy Whitehead, Kevin Queton, Victoria Queton, Taylor Queton, Isabel Queton, Ryan Queton, Micha Pahsetopah, Maddox Pahsetopah, Kadence McDowell and Gabriel Queton.

He was preceded in death by his parents and his father-in-law: Harrison Hunter Jr.

"We are deeply saddened by the untimely passing of our colleague, Justice William Rice. He was a respected leader in Indian Country for decades. Among other things, he assisted in the establishment of the CPN Supreme Court and served on the Court for more than thirty years. We are in his debt for all he did for us and all other Indian nations. We extend our deepest sympathy and condolences to his family, friends, students, and colleagues. He leaves behind a host of people whose lives he so powerfully touched."

-The Justices of the Supreme Court of the Citizen Potawatomi Nation



PLP REFLECTIONS

Each year, college-age tribal members from around the country travel to Oklahoma to participate in the Potawatomi Leadership Program. The dates for participating in the program this year are from June 11 - Aug. 1, 2016. Applications can be submitted from Feb. 1 to April 15.

To qualify, an applicant must be a Potawatomi tribal member with a GPA of 3.0 or better, between the ages of 18-20 by the program’s start date, and have completed no more than one year of college. For more information about the program and attending, refer to the PLP website plp.potawatomi.org or contact CPN Education Director Tesia Zientek at 405-275-3121 or tesia.zientek@potawatomi.org.

The following are the final takes that alumni of the past three years’ programs have had upon their graduation from the PLP in previous years’ Hownikans.

BRADLEY ARCHER

PLP 2013



Bradley Archer is 20 years old and a member of the Ogee and Weld families from Milliken, Colorado. Bradley will begin his sophomore year at Western State Colorado University in the fall.

“I was interested in the PLP program because I have been wanting to learn about my culture since my grandpa Clarence Smith told me about the Potawatomi Nation. After he passed away I knew it was time for me to see what the Potawatomi Nation was all about.”

Bradley had been to Shawnee twice for festival before joining the PLP program.

“I have learned that I am an Ogee/Weld and figured out how my family is ordered. Before this trip I had no idea how we were Potawatomi, but we just knew someone down the line was. Learning about the different departments is fascinating because of the way the tribe puts together many different pieces of a puzzle to make a beautiful nation.”

Bradley studies film and photography at Western State Colorado University and is a certified Master Electrician, an accolade he picked up as part of his college preparation.

“After college my goal is to be able to come back and give back to the tribe for giving me this wonderful opportunity to be a part of the Potawatomi Leadership Program. I respect everything the tribe is doing; just looking around at all the things the tribe is doing for a member is awesome in terms of how we are giving back.”

Bradley was named during his time in the 2013 PLP program. Mnokwabaset, his Potawatomi name, means “He seeks to prepare for Spring”.

MONIECE VENEGAS

PLP 2014



Thoughts of tornadoes and sudden thunderstorms couldn’t keep Moniece Venegas from applying. Oklahoma, unlike the Dust Bowl-era reputation that many of her fellow Californians still picture when hearing of the state, was even greener than she expected due to a wet summer.

Venegas had a unique guide in learning more about her tribe: her own mother, who had not known she was a tribal member until the age of 18. When in her twenties, she registered herself, her mother and brother, Moniece and her sibling.

“I feel as though she put a lot of effort into making sure her kids, myself included, were registered and knew that we are Native Americans,” said Venegas in her presentation on the PLP elder interview assignment.

Also like her mother, Venegas wishes to one day work for the Agua Caliente Band of Cahuilla Indians in Palm Springs, a goal that was a driving factor in her participation in the 2014 PLP class. The Trombla-family descendent studies math at the University of San Bernardino in her home state, and like her classmate Isaac Morris, cites the game of stickball against the Chickasaw Nation team as her most memorable experience.

NATALIA ANGLIN

PLP 2015



Echoing the sentiments of many, West Covina, California’s Natalia Anglin summarized what she’d have been doing in the summer of 2015 if not for the Potawatomi Leadership Program.

“If I didn’t come to Shawnee, I would have wasted my summer sitting on my couch at home watching Netflix and avoiding the outside world,” wrote Anglin.

Yet for Potawatomi wanting to know more about their cultural background, it’s a good thing she left the couch. Partnering with Ivory Hanson on a cultural workbook, Anglin noted the motivation behind their project that will sound familiar to many Tribal members around the country.

“Neither Ivory nor I have ever lived in Oklahoma, so we both knew how little information about the Tribe’s culture really reaches the outer districts,” she wrote. “For me personally, I never really felt connected to the Tribe and was a bit intimidated by the website to try and find information, and I felt I didn’t really have a place to vote on or contribute to the Tribe since I had never been to Shawnee, Oklahoma.”

The two have set forth a plan that will continue the workbook’s development in the coming months. Her experience in putting the project into motion also gave her an insight into the day-to-day work environment of the CPN Administration Building.

Penning by far the longest and most detailed personal reflection of the 2015 PLP class, Anglin summarized her summer experience succinctly.

“Trying to capture six weeks of cultural information, Tribal benefits, departments and enterprises, and all the amazing people we had the opportunity to meet is the hardest part of the whole experience. As cheesy as it is to say, I wouldn’t, in all honesty, give up this experience for anything.”

Alee Rogers competes in Miss Oklahoma pageant

There are times in life when an opportunity comes up that would otherwise pass one by. For many today, those opportunities can come from a variety of sources, including a social media post. Just one click for CPN member Alee Rogers was all it took to enjoy what she describes as one of her best experiences to date.

Rogers competed in the 2016 Miss Oklahoma pageant, representing her hometown of Hartshorne, Oklahoma, after reading about the contest online.

“I got involved through Facebook,” said Rogers. “I saw the link and did some research and it sounded like a great opportunity, so I applied and was accepted. And it was the best time of my life.”

First held in 1952, the Miss Oklahoma Scholarship Pageant is not just a pageant competition. It provides more than \$2 million in

scholarship funds through its state and local contests through the Miss Oklahoma Scholarship Foundation.

Pageants aren’t an uncommon phenomenon in the state of Oklahoma, which along with California, New York and Ohio boasts a record six winners of the Miss America Pageant. Even so, while many in the Sooner State know of the contests, few understand the sacrifices that go in to the event.

“Something about the pageant that people may not know is how much work truly goes into it,” said Rogers. “There is so much planning that goes into it. The people who put this pageant together truly are amazing and don’t get enough praise for their hard work. I feel so honored to have been a part of something so extraordinary.”

As for her own sacrifices, the Lafromboise-family descendent sums up her experience with an observa-

tion common to anyone who has attempted to wear women’s shoes for any length of time.

“We had long days filled with rehearsals and heels,” said Rogers. “We wore heels all day long on both days, and the weekend as a whole was pretty stressful and very tiring, but I wouldn’t change a thing.”

Despite not winning, the Hartshorne High School senior says that the positive experience she had with this year’s pageant will serve as a stepping stone to next year’s competition. She intends to enter the 2017 Miss Oklahoma pageant, heels and all.

“I can’t wait to see how many of the wonderful girls I made friends with



Alee Rogers and her brother Jason Farmer

compete again with me. When you become so close with the girls and truly get to know them, it isn’t much of a competition anymore. You want to succeed but, you are just as happy if they succeed too.”

ADVERTISED LEASE SALE #29

APRIL 15

To obtain a lease bid packet please send a request in writing to:

Department of Real Estate Services
130 E. MacArthur, Suite 204 | Shawnee, OK 74804

Any lease granted herein will be for grazing and dryland farming ONLY. The lease does not grant use of existing houses or the right to place mobile homes upon the leased premises.

821 84 JOSEPH EPATESKA An undivided 53/60 restricted interest in the E/2 NW/4 of Section 24, Township 6 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	80 ACRES	821 97 CLARRISA MARS An undivided 146/165 restricted interest in the E/2 NW/4 of Section 7, Township 6 North, Range 5 East of the Indian Meridian, Pottawatomie County, OK	80 ACRES	821 116 JOHN BAPTISTE-VASSEUR An undivided 683/720 restricted interest in the E/2 SW/4 of Section 18, Township 6 North, Range 5 East of the Indian Meridian, Pottawatomie County, OK	80 ACRES	821 219 ALEXANDER RHODD An undivided 1171/1400 restricted interest in the S/2 S/2 SW/4 NE/4 & Lot 03= E/2 S/2 SE/4 NE/4 of Section 33, Township 8 North, Range 5 East of the Indian Meridian, Pottawatomie County, OK	24.73 ACRES
821 SC 32 ANTHONY BOURBONNAIS An undivided 413/480 restricted in Lot 99= N/2 NW/4 SW/4 of Section 31, Township 10 North, Range 4 East of the Indian Meridian in Pottawatomie County, OK	9.575 ACRES	821 53 WILLIAM H. GOODWIN An undivided 199/210 restricted interest in the NE/4 NE/4 of Section 24, Township 6 North, Range 4 East of the Indian Meridian in Pottawatomie County, OK	40 ACRES	821 S 62-E JOSETTE BENNETT An undivided 1913/2160 restricted interest in the E/2 NE/4 NW/4 & E/2 W/2 NE/4 NW/4 of Section 17, Township 6 North, Range 5 East of the Indian Meridian in Pottawatomie County, OK	30 ACRES	821 64 CATHERINE BENNETT An undivided 35/36 restricted interest in the NE/4 SW/4 & NW/4 SW/4 of Section 9, Township 6 North, Range 5 East of the Indian Meridian in Pottawatomie County, OK	80 ACRES
821 87 ELLEN YOTT An undivided 167/200 restricted interest in the NE/4 SE/4 & SE/4 NE/4 of Section 4, Township 5 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	80 ACRES	821 100 JOSEPH HAAS An undivided 167/200 restricted interest in the NW/4 SW/4 & SW/4 NW/4 of Section 3, Township 5 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	80 ACRES	821 395-C PETER CURLEY An undivided 24715/31104 restricted interest in the SE/4 NW/4 of Section 4, Township 6 North, Range 5 East of the Indian Meridian, Pottawatomie County, OK	40 ACRES	821 1325 HARRIET PRATT (WILMETTE) An undivided 1/1 restricted interest in the SW/4 SW/4 NW/4 of Section 13, Township 8 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	10 ACRES
821 326 MYRA NA-HK-SA An undivided 67/72 restricted interest in the NW/4 NW/4 of Section 3, Township 5 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	40 ACRES	821 326 MYRA NA-HK-SA An undivided 67/72 restricted interest in the NE/4 NW/4 of Section 4, Township 5 North, Range 4 East of the Indian Meridian, Pottawatomie County, OK	40 ACRES	821 367 PETER TESCIER An undivided 275777/403200 restricted interest in the NE/4 NW/4 & NE/4 NE/4 of Section 23, township 7 North, Range 1 East of the Indian Meridian Pottawatomie County, OK	80 ACRES		

Must be leased together

Dealing with seasonal affective disorder

By Lenzy Krehbiel-Burton
Native Health News Alliance

April is not the cruelest month for Jason Tuesday.

December is.

A First Nations resident of Winnipeg, Manitoba, Tuesday was diagnosed with seasonal affective disorder (SAD) in 2013 after he and his doctor noticed a pattern of his emotional well-being nose diving around the same time each year.

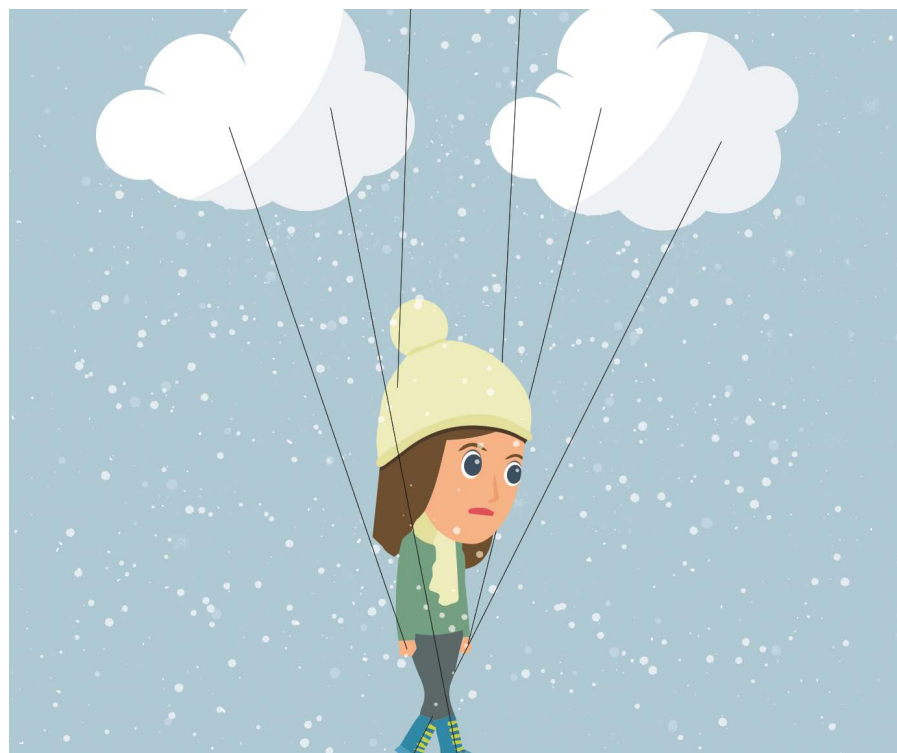
"I was going through what seemed like another crisis at about the same time as every other year - in December," he said. "We just came to this conclusion. It just seemed like I was in a cycle that these things were happening regularly at about the same time each year and where it was more... than what I could deal with."

An estimated 3 million Americans and 2.1 million Canadians struggle with seasonal depression annually. According to a 2005 study by Kathryn Roecklein and Kelly Rohan, up to 20 percent of all recurring cases of depression are seasonal.

Although it is possible to experience SAD during the spring or summer, it is more prevalent in winter months due to less daylight. That prolonged darkness can set off a physiological chain reaction in the body, starting with impacting some of the body's basic rhythms and eventually influencing brain chemistry.

"The circadian rhythm gets messed up due to lack of sunlight," said Terri Goodwin, a behavioral therapist for Citizen Potawatomi Nation in Shawnee, Okla. "It gets you all out of whack and messes up your internal clock. When that happens, your serotonin and melatonin levels drop, which affects your sleep cycle and impacts mood."

Among the populations more likely



to develop SAD are women, people younger than 55 years old, those with a family history of SAD and those who live in northern locales, where there is not as much sunlight during the winter months.

The more common symptoms of seasonal affective disorder include:

- Irritability
- Difficulty concentrating
- Sleeping more than usual
- Increased hunger, especially for carbohydrates
- Weight gain
- More difficulty getting along with other people or withdrawing from social interactions
- A leaden, heavy feeling in the arms and legs

As Goodwin pointed out, a SAD diagnosis requires that the symptoms appear and disperse at approximately the same time each year for two or more years, in order to differentiate

it from a major depressive episode.

"Most of the symptoms are pretty much the same," she said. "It's a matter of how long they last, when they show up and whether it's present at just one time of year."

To combat that lack of sunlight, some patients turn to light therapy. Used either alone or in tandem with other treatments, a light therapy session involves sitting or working close to a bright artificial light box for a set amount of time.

Depending on the intensity of the fixture involved, a single session can last from 30 minutes with a 10,000 lux light – the equivalent of spending 30 minutes outside on a sunny day – to two hours with a 2,500 lux light. In comparison, the lighting in an average bedroom ranges from 300-500 lux.

Patients often adopt light therapy sessions as part of their morning routine in order to maximize the treatment's impact during the day. Although many patients are asked to

face the box in order to increase its effectiveness, looking directly at it is strongly discouraged, due to its potential harm to the eyes.

Despite showing some success in as little as two weeks in research studies, the U.S. Food and Drug Administration does not regulate or test light therapy boxes. Potential side effects may include eyestrain, headaches and insomnia, if the session is conducted later in the day.

The Diagnostic and Statistical Manual of Mental Disorders classifies SAD as a subset of depression, and several pharmaceutical options used to treat major depressive episodes have also been shown to be effective in SAD patients.

On the medication side, the FDA has approved the use of extended release bupropion, marketed as Wellbutrin and Zyban, as an option for SAD patients since 2006.

Paxil, Prozac and other selective serotonin reuptake inhibitors, which shift the brain's serotonin balance, have also shown to be viable treatment methods, both alone or used in conjunction with counseling or light therapy.

For Tuesday, mindful meditation and stepping back from time to time have helped him cope when December rolls around. He has also found some peace through group sessions with other men who are struggling with depression, but the challenge is still there.

Although he has opened up more to friends and family about his mental health status, he allowed his phone to be temporarily shut off earlier this winter simply because he did not want to deal with people.

"For me, January's usually a little better," he said. "It's brighter. But getting through December without acting out is an achievement."

College-age Potawatomi, this is the program for you!



What is the PLP?

The six-week Potawatomi Leadership Program brings a group of young tribal members from around the world to Shawnee, Oklahoma to learn about the government, culture, and economic development of the Citizen Potawatomi Nation.

For more information, please contact CPN Education Director
Tesia Zientek at tesia.zientek@potawatomi.org

To read student perspectives and apply, visit plp.potawatomi.org

Tips on tracing your family history

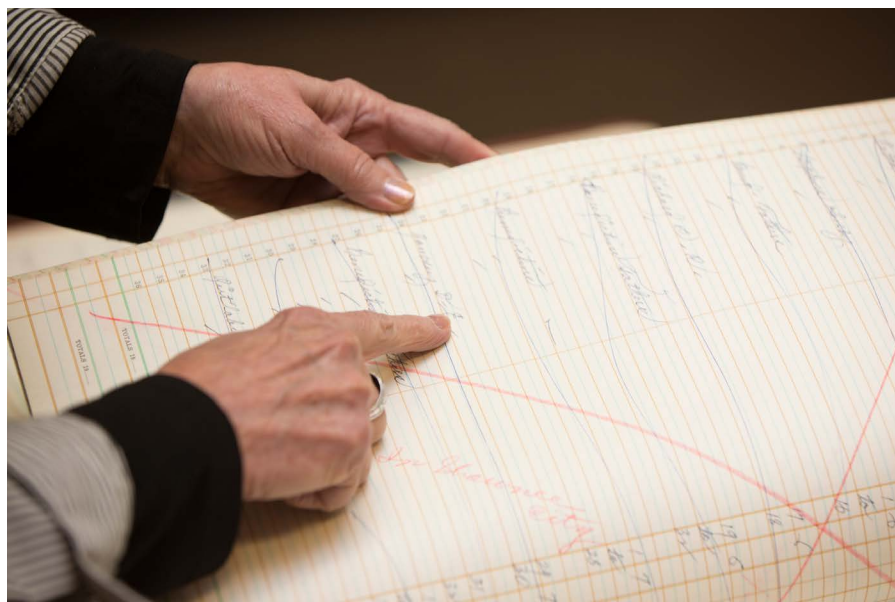
Like many tribes, the members of the Citizen Potawatomi Nation have a distinct advantage in researching their lineage. The forced requirements to be added to the tribal rolls in the late eighteenth and early nineteenth centuries have, more than a hundred years later, become a vital piece of a puzzle in learning about ancestors and contemporary family connections alike.

Today, many looking into their past to see if they are of Indian descent, and requests for that information are growing. The first rule of pursuing those investigations is to not be discouraged.

Before reaching out to CPN, gather as much familial information as possible. The best place to start is close to home. Elders and relatives are a great way to get information about your extended family.

There is also enough information online to help point researchers in the right direction. Start by looking in the areas where your ancestors lived, checking old census forms and newspapers that contain obituaries and other information. Many local libraries have access to these kinds of records, or have a person on staff who is familiar with family research and can help. Utilize multiple sources such as ancestry databases and local historical museums to get the information you need.

The Oklahoma History Center in Oklahoma City has extensive resources of Citizen Potawatomi Nation history through microfilms and other archival resources. Tulsa's Gilcrease Museum and the University of Tulsa also have Potawatomi historical documents as well. Outside



Gathering materials like family Bibles, certifications and letters from your relatives may help piece together your family's history.

of Oklahoma, the Kansas Historical Society has an extensive amount of information on ancestors of today's Citizen Potawatomi.

Once you have gathered that information, try to draw out a family tree from you, to your parents, to your grandparents and so forth. Jot down names – including maiden names – and the years of birth and death if you can find them. Sometimes a person's name on a tribal roll or census form will be spelled differently, so having as much reference information as possible is helpful. If in doubt, contact the tribal rolls department to see if they have information about the people you are researching.

CPN tribal members looking to research their Native ancestry can then fill out a request form supplied by the archival department at the Citizen Potawatomi Nation Cultural Heritage Center. The information for each family's history are sent to trib-

al members electronically. The documents contain information individuals can research about their family or certain members of it.

All of the family history at the CHC is an accumulation of tribal rolls information throughout the years. CHC Family History Specialist Czarina Thompson uses this information in her work on a daily basis. It is largely based off of the 1887 allotment process information.

"CPN tribal ID cards have a descendant's name from the 1887 allotment information and another one from the 1937 tribal census," said Thompson. "These two names are someone's key to their CPN descendency."

While the work can be time consuming and sometimes frustrating, the tribal rolls and cultural heritage center staff are a resource to be relied on when someone reaches a dead end. However, given the resources and time constraints on staff, the leg-

work must be undertaken by the tribal member.

"We do not do individual research for people because we're not genealogists," said CPN Curator and Archivist Blake Norton. "What we do is provide historical records, retention and preservation but also make this accessible to tribal members. Our main goal is to provide resources for people, not do the research for them."

While the importance of understanding where one comes from is a motivating factor, another reason to know is that tracing one's roots can be the difference between becoming an enrolled tribal member or not. While you may find yourself tired of reading old microfiche of census records or hand written tribal rolls from the late nineteenth century, your own descendants ability to call themselves Citizen Potawatomi hangs in the balance.

To learn more about the Citizen Potawatomi Nation's history and culture, visit www.PotawatomiHeritage.com. To access contact information or forms from the CPN Tribal Rolls Office, visit www.potawatomi.org/services/citizenship.

VISIT US ONLINE!



CITIZENPOTAWATOMINATION



@C_P_N



CPN HOWNIKAN

Citizen Potawatomi Nation BY THE NUMBERS LEGISLATIVE DISTRICT 2

District 1 Office

The Portrait Building, Suite 340
701 8th Street, NW
Washington, DC 20001

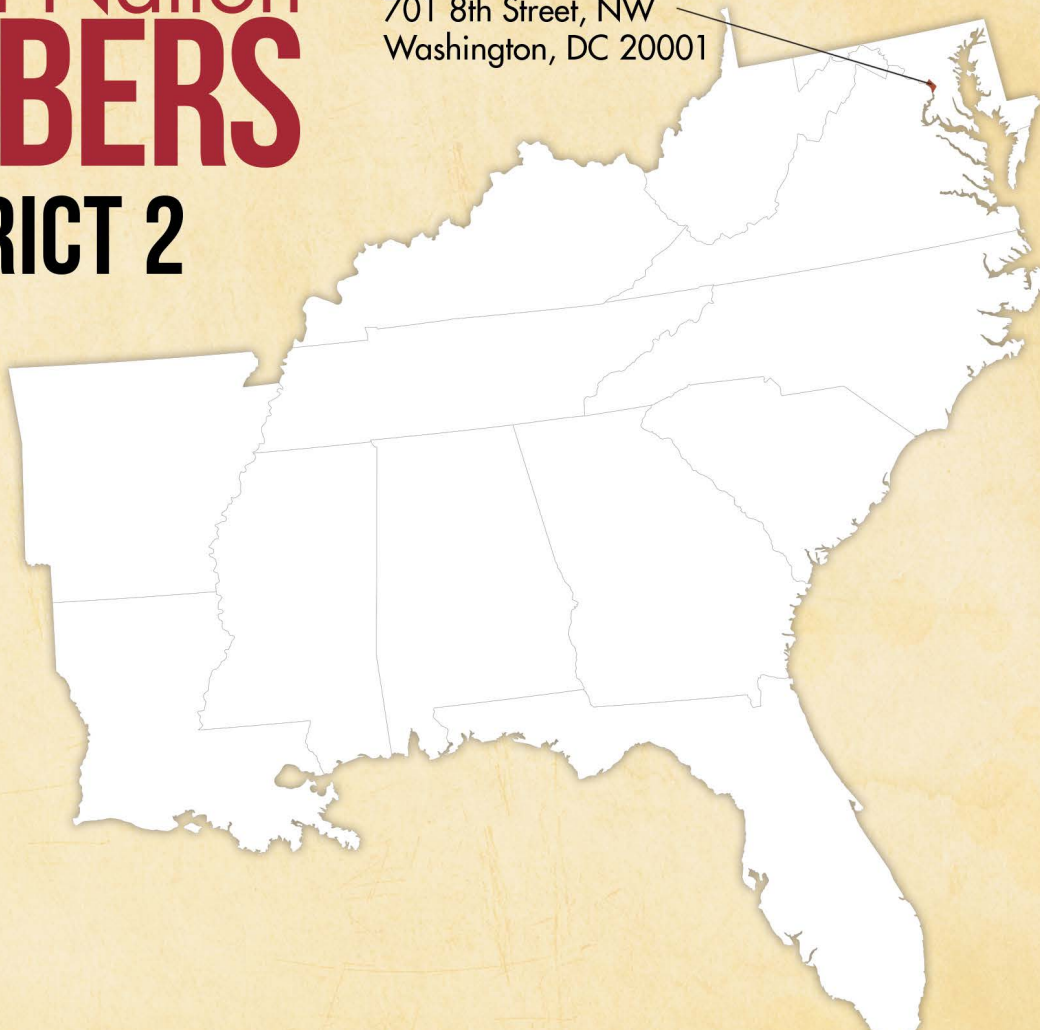
Age Groups

90-99	5
80-89	58
70-79	121
60-69	306
50-59	447
40-49	398
30-39	467
20-29	568
0-19	537

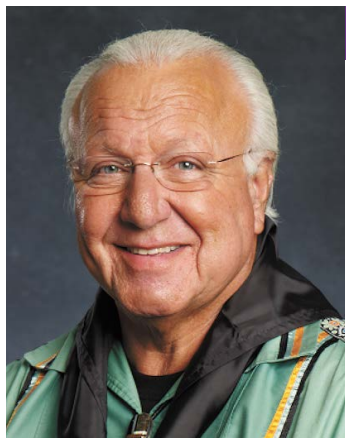
Cities with most CPN members in the district:

Bentonville, Ark.	30
Nashville, Tenn.	26
Fayetteville, Ark.	25

2,907 Tribal Members
in 13 states including
Washington D.C.



Information provided by
Citizen Potawatomi Nation Tribal Rolls



Tribal Chairman - John "Rocky" Barrett

Bozho, Nikan
(Hello, my friend)

Here in Oklahoma we are seeing daily headlines in the state newspapers about the 2016 budget "shortfall" for the state government. Pundits are predicting the amount in numbers ranging from \$600 million to \$1 billion. The underlying, immediate cause is the fall in the price of crude oil from \$100 per barrel to \$30 per barrel. This resulted in a major decline in oilfield related employment when drilling stopped. Oil isn't the entire story. Oklahoma is in revenue trouble because they cut the gross production tax on oil and gas from its historic level of 7 percent to 2 percent several years ago; cut the personal income tax too deep, too quick, from 7 percent several years ago to 5 percent; and failed to reduce the size of state government in both dollars spent and sal-

aries over the last four years.

The state is now looking for more tax money from whatever source they can find. Naturally, they want money from Indian tribes, despite the fact that it is against the law for the state to tax tribal economic activity. The State of Oklahoma has a mistaken assumption that tribal revenues are not affected by the downturn in the economy. While we have concentrated our economic development in areas that are not as sensitive to recession, like groceries and entertainment, we are still seeing reductions in revenues at our businesses. Unlike the State of Oklahoma, we are cutting our costs of operation as a way of adjusting to lower tax collections.

The Oklahoman, the largest statewide newspaper, reported that the "freeze" Governor Mary Fallin put on state employee salaries and wages last year was virtually ignored. Out of 34,173 state workers, 13,386 of them were granted "exceptions" from the freeze. This resulted in seven state agencies giving 86 percent of their employees a raise, many in excess of 15 percent. The cost to the state budget will

probably exceed \$13 million for these agencies alone.

When asked about getting accurate data about the cost, State Finance Secretary Preston Doerflinger admitted to difficulty, stating "I think it's a hodgepodge. We know the state's employee compensation and classification system is somewhat of a mess."

I find it absolutely astonishing that the State of Oklahoma and Governor Mary Fallin expend millions of dollars in lawsuits against Indian tribes for taxes, yet exhibit no appearance of performing their legal duties to act as a fiduciary or safeguard the peoples' money, including every employee of the CPN and every member of our tribe who lives in Oklahoma. In addition, the state has caused the Citizen Potawatomi Nation to expend more than \$1 million in attorney fees for the present illegal tax litigation with the Oklahoma Tax Commission. It is a travesty of justice.

Bottom line is, the problem the state faces is caused by a concentration of jobs and revenue in one industry, which is oil. The primary creators of rural jobs in Oklahoma are Indian tribes.

The Chickasaw Nation alone has more employees than the State of Oklahoma and has a larger budget; nearly \$1.7 billion! The accomplishment of Governor Bill Anoatubby in his leadership is a modern miracle in business and government. The Choctaw, Cherokee and Osage nations have accomplished unparalleled growth, which has hugely benefited rural parts of our state. That is the true story in Oklahoma.

What little growth the state can claim has been in Oklahoma City or Tulsa. Out here in the country, Indian tribes are the only game in town.

CPN is the largest employer in Pottawatomie County by a factor of four, yet the state is doing everything in its power to destroy our efforts.

Tell your friends and family to demand that the government of the State of Oklahoma government wake up! Indian tribes are paving the way toward employment diversification and new job creation in this state. If you are worried that too many jobs are concentrated in the oil industry, diversify!

Here is another tip for Governor Fallin and state agency

managers: don't spend more money than you have and blame the "shortfall" on others.

Here at home we are nearing completion of the new McLoud FireLake Express Grocery. This community needs this facility very badly because there is no grocery store in town. We look forward to the opening and have promised to contribute three percent of sales to the City of McLoud to help them operate their government, police and fire departments. In addition, we will see the new FireLake Golf Course club house, with its restaurants and meeting rooms, ready for use in the next 30 days or so. We are continuing our progress while meeting the challenge of a tight budget.

Thank you for the privilege of serving as your tribal chairman. It is a great honor.

Migwetch,

John "Rocky" Barrett

Keweoge

"He Leads Them Home"

Tribal Chairman



Vice-Chairman - Linda Capps

foundation with 501(c)(3) nonprofit status established in Oklahoma in 2012. Their vision is to improve the health, wellness and quality of life for the people of Pottawatomie County and its surrounding communities.

Our particular group resides within the immediate area of the 74801, 74802 and 74803 zip codes. We will be working with the Oklahoma University Terrorism and Disaster Center to provide much needed input from the community. A survey was distributed in the community last summer, but there was an under-representation from Native Americans. With seven different tribes represented within our focus group, I hope we can rectify the under-representation during our sessions and provide some excellent feedback from our

Native American community representatives.

It is not unusual for organizations from the surrounding area to reach out to our tribal employees to provide services, information, labor and other resources. I am not complaining...it makes me proud that we are such an integral part of the area. The Citizen Potawatomi Nation is valued and respected by thousands of people in Pottawatomie County. What a great feeling it is to have that kind of respect.

I wish to take this opportunity to thank the staff members who are taking time from their extremely busy day to participate in this worthy project. We will be sure to update you in the next *Hownikan* of the results of our contributions to this community



Front row: Shane Jett, Linda Arredondo, Kasie Nichols, Janet Draper, Linda Capps, Donnette Littlehead, Felecia Freeman, Charles Clark. Back row: J.T. Summerlin, Daniel LeClair, Scott George.

renewal organization. Hopefully, we can help the tribe, our workplace and the community as a whole.

I appreciate the opportunity to serve as your vice-chairman, and I am honored to work for such a great nation. It is my wholehearted hope

that you have reason to look forward to a great spring time in the coming months!

Migwetch,

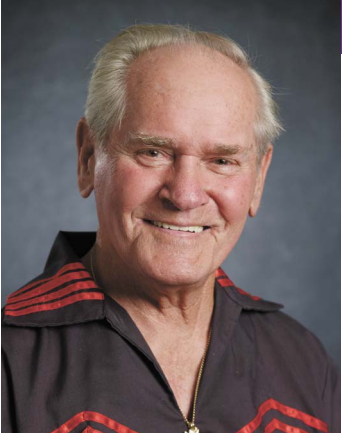
Linda Capps
Vice-Chairman
405-275-3121 office
405-650-1238 cell
lcapps@potawatomi.org

GATHERING OF POTAWATOMI NATIONS

HOSTED BY CITIZEN POTAWATOMI NATION IN SHAWNEE, OK - JULY 28-30, 2016
THE LANGUAGE CONFERENCE WILL RUN FROM JULY 27-29, 2016

Get the *Hownikan* via email!

If you would like your newspaper via email, please email your name and address to hownikan@potawatomi.org and let us know.



District 1 - Roy Slavin

Bozho Nikan,

Mark your calendars on May 21 for a Districts' 1 and 4 joint meeting. It will be held at the Ararat Shrine, 5100 Ararat Drive, Kansas City,

Missouri from 10 a.m. to 3 p.m. Lunch will be served at noon. Gifts for the wisest, youngest and person who traveled the furthest will also be given out. For those of you not familiar with the area, this is south of I-70 on the east side of Kansas City, located off of 435. You will exit at East Side Drive and head west before turning north on Ararat Drive, arriving at the Ararat Shrine. This is a very large building and there will be staff to direct you to our CPN meeting.

Come and join us at this incredible location for an informative meeting and great lunch. We will have more information please mark your calendars for that date. Looking forward to seeing you there.

I am so looking forward to Feb. 21 as I will be hosting a group of Cub Scouts, (mostly 10 year olds) at my office. As Cub Scouts they are supposed to learn something about Native Americans. They are interested in

our language and want to learn how to count to at least 10. They also want to know what boys their age did as they grew up and how they lived. I know this is going to be a fun day.

Let me take this opportunity to remind you of Festival the last week end in June. Now might be a good time to make your reservations as the hotels and motels fill up fast. For those of you who have campers the Nation has great camping facilities, including

tent camping if that's your style. Also, during Festival there are tours to visit the aviary and a great chance to see these magnificent birds up close.

Looking forward to seeing you at our meeting in May and again at Festival in June. Thank you for allowing me the honor of serving as your representative.

Roy (Netagtege)
rsalvin@potawatomi.org



District 2 - Eva Marie Carney

Bozho nikanek
(Hello friends)!

I hope you are keeping healthy and upbeat as winter continues to recede here in the east!

Blizzard, baby: It's always great to get calls and messages from Potawatomi in District 2. Many of us were hit hard by the Blizzard of 2016. One of the marvelous emails I received after the blizzard came from Virginian Chris Upchurch and I received his permission to share it in here:

I thought you might like to know that there was at least one Potawatomi baby born in District 2 during the recent blizzard. My wife gave birth to our third child in the early hours of January 24, who we have named Andrew Chris-

topher Upchurch. It was certainly an exciting day, with Fairfax County Fire and Rescue helping her get to the hospital through unplowed roads, and me anxiously following everything from thousands of miles away in Kuwait, where I am deployed with the Army Reserve. Thankfully my mother and sister were close by, and I have been able to come home for a couple of weeks of paternity leave. This should all make for a good story when our Andrew eventually has his own naming ceremony down the road!

Juneau namings: The blizzard did not get in the way of our travel to southwest Florida to a very meaningful, four-generation naming ceremony hosted by my cousin, Janet Barron Deile, and her husband Bill Deile, at their Pine Island home. It was my honor to name Damen (Agnes Wood Barron, my aunt and godmother), Mdamenkwe (Agnes's daughter Janet Barron Deile), Debwet (Agnes' daughter Josette Barron Adornetto), Gshipto (Agnes' grandson and Debwet's



Juneau Family Naming Ceremony, Jan. 2016.

son, Thomas Adornetto) and Gshipto's infant daughter Bsedot (Agnes' great-granddaughter Emma Victoria Rose Adornetto). Bill Deile was our firekeeper and my husband Alan Cohen took the photos included here. Louisianan Lyle Simmons did a beautiful job wrapping the eagle feathers used in the ceremony (*migwetch*, Lyle), including the magnificent,

naturally-molted feather that came from Flo, one of our aviary eagles rescued in Florida.

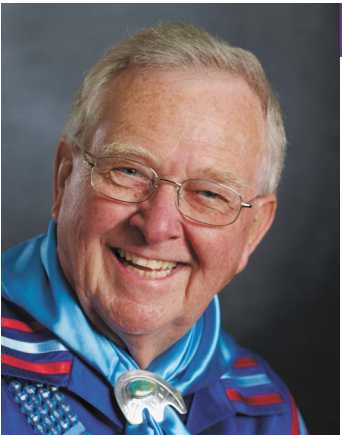
RSVP for Beading Class: Thanks to Bob Richey (*Shaweno*) District 2 will have its second annual winter beading class on Sat., Mar. 12, 2016 from 10:30 a.m. – 3 p.m. at the District 2 office in Washington, D.C. (ad-

dress in my signature block below). It is not too late to RSVP. Lunch will be provided. Shaweno will work with us on beading medallions for a medicine bag or *mkesinin*. Please let me know if you are coming so I have time to order sufficient amounts of materials and lunch and so your name is with the building security guard. Even if you don't wish to bead you can join in and enjoy the company and a good lunch!

Migwetch for the honor of representing you.

Kind regards and *bama pi* (until later),

Eva Marie Carney
Ojindiskwe
Legislator, District #2
The Portrait Building
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District 3 - Bob Whistler

Bozho (Hello),

Dec. 26, 2015 was a horrible reminder of the kind of treacherous weather that befalls different parts of Texas as well as other areas in the country. The seven tornadoes that hit the north central Texas area that day came up very quickly with loss of many

lives as well as heavy property damage.

As we leave the winter season and go into the spring and then summer, depending upon where you live in Texas, you are potentially subject to the possibility of a tornado, hurricane, flood water, mud slide or severe wind damage.

When this happens there is no time to stop and think about what you need to grab and have available after any loss or destruction.

We have thought about this several times, and remind ourselves that we need to

plan in advance and have a small bag packed for this kind of situation.

In the bag you should have copies of the following records: birth certificates, deed to your home, home and auto insurance policy information, credit card numbers to use, personal hospital and doctor insurance information as well as their contacts the number for your insurance agents and anything else that you feel is very important and don't want to lose.

In addition, I would recommend that you make up a sheet with a lot of this same information, including bank

account numbers and locations, life insurance information, where to find your will or trust. Send this to one of your relatives living in another area.

Should you be the victim of one of Mother Nature's events, you will at least have a head start by having important information at your finger tips that would be lost if you hadn't taken the time to pack a small bag with that information.

As your elected representative, I am very proud to be in this position and thank you for your trust with this responsibility. I am here to

serve you and if you have a need, please contact me.

Bama pi (later)

Bob Whistler
Bmashi (He soars)
Citizen Potawatomi Nation
District 3 Representative
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District 4 - Jon Boursaw

Districts 1 and 4 joint meeting Sat., May 21, 2016: I will be co-hosting a joint district meeting with Roy Slavin, representative for District 1, for CPN members in the greater Kansas City area and the eastern portion of Kansas at 10 a.m. The meeting will be held at the Ararat Shine Temple located at 5100 Ararat Drive Kansas City, Missouri. Directions and information regarding parking will be in the April *Hownikan*.

2016 Potawatomi Leadership Program: Applications are now being accepted for the 2016 Potawatomi Leadership Program. The six-week PLP brings a group of 8-10 promising young tribal members from around the world to Shawnee, Oklahoma to learn about the government, culture, and economic development of the Citizen Potawatomi Nation. Want to learn more about the tribe’s leadership program for college-aged Potawatomi? Visit plp.potawatomi.org for more information and the online application, or contact me for assistance. Do not delay, applications close April 15.

That age old question we have all heard: “How much Indian are you?”

I recently found this on Facebook, which offers a very good answer to that question:

*Fully Native
Who is an Indian? A Native American? An Indigenous person? American Indian, First Nation, or Aboriginal? All this labels are used, but none is fully correct, Who decides?*

Are you a full blood? Half Blood? Quarter Blood?

The question of how much “Indian Blood” you have-also called “Blood Quantum-began with European contact. This colonial way of thinking continues when we keep defining ourselves by blood.

What part of you is Native? Is it your head? Your heart? Maybe it is your thoughts? But it is not just your blood.

We are the sum of all our parts. All human. One hun-

dred percent. And Fully Native.

*Jolene Richard,
Guest Curator and Gabrielle Taylor, NMAI, 2004*

Support a tribal member-owned business: R Bar B, located at 3256 NE 39 northeast of Topeka, is owned and operated by CPN member Russ Brown. It is a full service western store providing saddles, tack, western wear, boots, hats, trailers and more. R Bar B has been operating at the current location since July of 1998 where it began in a chicken house next to his home. It has evolved into a modern 10,000 square foot retail and repair space. Quality products and customer service are the main goal when you stop at R Bar B.

Operating hours are Mon.-Fri. from 9 a.m. to 5:30 p.m., Weds. until 8 p.m. and Sat. from 8 a.m. to 5 p.m. Stop by and introduce yourself to Russ and the gang, there is a little something for everyone in the family at R Bar B.

Migwetch,

Jon Boursaw, *Wetase Mkoh*
CPN District 4 Rep.
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(C) 785-608-1982
2007 SW Gage Blvd
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jon.boursaw@potawatomi.org
Office Hours:
Tuesday 9-11 a.m.
Thursday 3-5 p.m.
Other times - Please call



District 5 - Gene Lambert

Happy March everyone.

We are in the midst of planning our CPN district meeting and I am in awe of the fact that Arizona is confirmed and ready to go. We are doing better with the advance scheduling.

We had a wonderful attendance last year and hard to

top the Tribal Easter Bunny at the ‘Rockin’ R Ranch’. Our pictures from that event are available online at www.CPN05.com.

Next month I will have the Colorado meeting booked as I am working on it now. I have received requests to have earlier confirmations for upcoming events because invitations have been known not to make it in time for required planning. So here we go.

Our District 5 meeting will take place April 10, 2016 at Schnepf Farms in Queen Creek, Arizona. The meeting will start at 11 a.m. for registration with lunch

served at 1 p.m. and continue until 4 p.m.

Chairman Barrett and Vice-Chairman Linda Capps will be in attendance. We are so proud to have them available for this wonderful event.

We have so much going on and so many opportunities to participate, I wonder if we will have time for it all. It’s up to you.

There will be hot dogs, hamburgers, drawings, train rides, hay rides, a petting zoo, a playground and vegetable gardens that you can pick from in this working fifth generation farm at a \$5 charge per bag.

You could come early and have their famous fresh, home cooked breakfast on your own before the meeting if you want to make a day of it.

Also, the Queen Creek Olive Mill is across the street from our meeting place. Many like to take the tour and see how the fresh Virgin Oil is processed from the Arizona Olive Trees.

I just know this will be the best ever meeting. We have all the ingredients with “you!”

Please RSVP to me 480-228-6569 or Jamie Moucka at 1-800-880-9880 as soon as

you know you will be available. We don’t want to run out of food. It has happened.

As Chairman says, “Where there is food, you will find the Potawatomi.”

Love you all and we’ll see you there.

Gene Lambert

glambert@potawatomi.org



District 6 - Rande K. Payne

Bozho Nikanek,

I had an opportunity recently to have a conversation with CPN Language Director Justin Neely. By the end of that conversation I was simply amazed and totally inspired to learn our language. More importantly, I gained a much better understanding of Justin’s passion for preserving our language, but also a much clearer understanding of the significance of knowing it.

Outside of the following con-

versation, I have heard Justin say in the past that learning the language is not a destination or an achievement to be checked off of a to-do list. It is a life long journey of looking deeper into who we were and are.

I apologize for the length of this month’s column but I think it is worth taking the time to read. Hopefully you walk away inspired for the right reasons and confident in being able to learn the language if you choose to do so.

Before we jump into the conversation I want to thank Justin for allowing me to share our conversation with you. I am so impressed with the resources we have in Justin and the entire language department and the technology the tribe has made available to our members. Here we go...

Rande: How did you get interested in learning the language?

Justin: “I think it started when I became interested in my Family History when I was around 16. I started attending some of the regional meetings in Topeka and Rossville, Kansas. I remember hearing Walter Cooper, a fluent Citizen Potawatomi tribal member, give a prayer in Potawatomi. I was just entranced by the language. I knew I wanted to learn. I had always known I was Potawatomi, but thought to myself, “If I am going to say I am Potawatomi I should know some of our history, traditions and, most importantly, language.”

Rande: How long have you worked in the language department?

Justin: “I have been the director of the Citizen Potawatomi Nation Language Department for 10 and a half years. Before coming here I worked two years for the Hannahville Potawatomi Tribe in their K-12 school teaching Potawatomi eight hours a day.”

Rande: What do you think is the department’s greatest contribution so far in preserving the language?

Justin: “I like to believe there are many great contributions from our department. Before I became language director, the language had never been taught in our CPN Child Development Center. Now we teach our children five days a week. Our young people are really our future. The students in the child development center also compete and for the last three years

have at least taken third place at the OU Language Fair. Last year we took first place for our group song. Another accomplishment I am very proud of is our on-line dictionary which can be downloaded from www.potawatomi.org. When I first started learning the language there were very few materials available. There was a small dictionary of about 900 words, and a website with grammar from a linguist Laura Buszard Welcher who has spent many years working on Potawatomi. Our dictionary which was released about three or four years ago has currently 5,500 words. Since then, the Forest County Potawatomi have also put out a very nice, bound dictionary. Most recently we have created a series of self-paced online beginner and children’s courses. To enroll in this course go to

District 6 - Rande K. Payne

<http://language.potawatomi.org>. I would say overall I am most proud of making the language accessible to tribal members regardless of where they live or when they want to learn.”

Rande: What can you tell us about the history of our language?

Justin: Our language is an Algonquian language. It’s related to Ojibwe/Chippewa, Odawa/Ottawa, Shawnee, Sac and Fox, Kickapoo and countless other Algonquian languages. It is most closely related to Ojibwe or Odawa which helps confirm the belief that at one time we were one people perhaps 500 or 1,000 years ago. Our language is very old and has been part of the landscape of North America for well over 10,000 years.”

Rande: What would you say to people that may feel other languages may be more useful? For instance California’s population is over 50 percent Hispanic and some may see the investment of time to learn Spanish more beneficial.

Justin: “From a financial standpoint perhaps taking Spanish or Chinese might pay dividends. But from a personal perspective Potawatomi is part of who you are. We often try to understand more about what it means to be Potawatomi or to be French. When you learn the language it’s like a window into the past. You see what was important to our ancestors and what continues to be important to Potawatomi people. You gain a deeper sense of be-

longing. It’s a very rewarding experience. You also honor your parents, grandparents, great grandparents and all of those who came before you. Sometimes I think about how my parents don’t speak Potawatomi, nor did my grandma or even great-grandparents. My great-great-grandparents did though, and every generation before that for perhaps thousands of years. There is a wealth of cultural knowledge stored in our language. Learning it will change your perspective about the world around you. It’s a very fulfilling and the reward is definitely there.”

Rande: I’ve heard that learning a foreign language is great exercise for your brain. Do you agree with that?

Justin: “I definitely agree that learning a language helps unlock your mind. They say once you learn one or two languages your mind is more open to learning more languages. That’s why you often see people who can speak two languages that learn to speak three or four. In Europe it’s very common to learn more than one language. In the United States we tend to feel everyone should learn to speak English. Potawatomi people had a very different way of looking at the world.”

Rande: What would be your top three reasons for learning to speak Potawatomi?

Justin: “One deep sense of cultural identity which is impossible to put a price tag on. When someone says to me, “You are Potawatomi? You don’t look Potawatomi.”

[Then] the ability to speak Potawatomi erases all doubt. The deep connection one feels to your ancestors and all your relations.

“Two, knowledge that you speak a language that less than 1 percent of the world speaks. I can walk into the grocery store talk to my child or wife in Potawatomi and no one will know what I am saying. It’s like being a code talker or having your own secret language.

“Three, finally, it truly unlocks your mind. It helps you to see the world in a different way. Plus, knowing that I am doing my part to make sure that our language and way of life continues hopefully for the next 10,000 years is very gratifying. When you learn the language you also learn the culture as the two are intrinsically linked.”

Rande: How would you prioritize available resources for tribal members wanting to learn Potawatomi?

Justin: “Our new online self-paced language course is a must try for tribal members. ‘Beginner I’ and ‘Beginner II’ are 20 chapters. After completing each chapter you are given a cultural teaching such as why the eagle is important to our people. Why do we use Sema or tobacco? What do the colors of the medicine wheel represent? How did Potawatomi use the stars and cosmology? There are also quizzes and tests which help you to check your comprehension and silly spoofs and games to reinforce your learning.

Also, if you live locally, find

out about coming to on-site classes or attend a class or two during the festival in June.

Rande: Do you have any feedback from tribal members that are using the resources and learning the language that you can share with us?

Justin: “So far we have over 300 members who have tried the online self-paced course and based on survey results find it overwhelmingly enjoyable. They love that they can learn the language wherever they are and at any time of day or week.”

Rande: What have you gained personally from learning to speak Potawatomi?

Justin: “When I wake up in the morning I’m Potawatomi. When I go to the store I am Potawatomi. I have gained a deep sense of who I am. *Bodewadmi ndaw*. I am Potawatomi. I know where I come from and have gained a deep sense of pride in being Potawatomi. Not to mention, along the way I have met many wonderful Potawatomi people who have helped me. I have had a chance to learn more of the culture which is intertwined within the language. I have had the chance to sit and listen to different elders tell stories. For me the reward is not measurable. Now I do my part to make sure that you also have that opportunity to learn our language and ways. I want to ensure that our way of life, which has certainly changed my life for the better, continues for the next several thousand years.”

Rande: Is there anything else you would like to share with tribal members regarding our language?

Justin: “Our language is just that. It’s our language. It’s ours to make mistakes with, it’s ours to use. If you don’t use the language, one day it disappears completely. What will you tell your children or grandchildren? Will you tell them that after thousands of years of being spoken on this continent, you let it slip away on your watch? So learn your language, gain a deeper cultural understanding of what it means to be Potawatomi. Be proud to be Potawatomi. Don’t just be a descendant of someone who was Potawatomi. Learn your language, culture, stories, songs, dance, recipes, etc. Think like a Potawatomi and take into consideration how your actions today will affect not just you, but seven generations into the future. Also don’t forget the hardships your ancestors had to go through to keep our language and way of life.”

Igwien Justin!

Wisdom from the Word: “A wise teacher makes learning a joy...” Proverbs 15: 2

Bama pi,

Rande K. Payne
Mnedo Gabo

Legislator District 6
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Rande.Payne@potawatomi.org



Bozho nikanek
Hello Friends,

While we are far removed from the tribal home in Oklahoma, there are ample opportunities for us Californians and Nevadans to learn more about Native America.

The first opportunity is actually a short cut to Shawnee for college-attending tribal members between the ages of 18-20. The Potawatomi

District 7 - Mark Johnson

Leadership Program takes Potawatomi from all over the U.S. and brings them to Shawnee for a six week program to learn about the tribe’s businesses, government and culture. It’s not just a summer internship in an office, and there is a paid stipend at the end of the program. There are plenty of FAQs and other information, including the application, at plp.potawatomi.org. Do not delay because the application closes on April 15.

A little closer to home are many of our state parks in California – many of which hold unique and historically significant items and places for a number of our California tribes. A full list is here: cpn.news/CAParks but one of my favorites is the Sierra

Mono Museum in the town of North Fork, California. I had the opportunity in the early 1970s to help my father in the construction of many of the museums display cases.

Another great resource is the Museum of the American Indian in Novato, California. As said in its mission statement, “The mission of the Museum of the American Indian is to provide the people of Northern California with programs and exhibits that deepen understanding and appreciation of Native American cultures. The Museum promotes accuracy, sensitivity and respect for the heritage and history of our continent’s earliest inhabitants.”

More on the museum’s offerings can be found by visiting their website at www.marin-indian.com.

Sometimes those of us who live farther away from where our people came from feel isolated from the cultural aspects that those who live closer are able to experience. But visiting places like these, learning about the practices and history of fellow tribes and expanding our understanding of what it means to be Native American are very important, no matter where we live.

We can take that knowledge and understanding back home when we attend the annual Family Reunion Festival (June 24-26) and Gathering of the Potawatomi Na-

tions (July 27-31) in Shawnee or where-ever we go in our lives.

As always it is an honor to serve as your district representative, please contact me if you need any information on the services and benefits due to you as a tribal member.

Migwetch / Thank You,

Mark Johnson
Wisk Mtek (Strong as a Tree)
Representative, District 7
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Mark.Johnson@Potawatomi.org



Bozho,

When I visit with members around District 8, I hear remarks about the employees of the Nation, both good and bad. Generally, when folks in the northwest call or email Oklahoma they are in need of some specific information, a form to access a program or some type of emergency help. I have often

District 8 - Dave Carney

thought about how difficult a job some of our employees have - potentially taking calls from more than 31,000 unique souls. Some members interact with the Nation so seldom, that their entire impression of the tribe's services can be greatly impacted by one phone call. One department that specifically needs to be given an "Atta boy" is Tribal Rolls. According to the www.potawatomi.org:

"The Tribal Rolls department is responsible for determining eligibility for tribal enrollment, administering the Tribal Rolls Scholarship program and the *Nishwamen* Scholarship, Burial Insurance, Tribal ID cards and

assists with genealogical and historical research.

"The department is also responsible for maintaining and updating the computer membership list, utilizing tribal membership information for various types of census data, and creating the voter eligibility lists at the direction of the Secretary-Treasurer for the Election Committee."

Charles Clark is the heart and soul of the operation. "Chuck", as he is called, has a very tough job indeed. Along with the good news of telling new members that they are officially enrolled, sending out scholarship checks to deserving students

and assisting mourning family members with the burial assistance funds, Chuck also gets to deliver some occasional bad news. I can think of a few times in recent memory (and in District 8), when applicants could not prove the lineal blood connection to become members and he had to hold the line.

The flip side of enrollment is dis-enrollment and Chuck is a key player in that process as well. 99.9 percent of disenrollment actions for the Citizen Potawatomi Nation are voluntary and generally take place when a member can lay claim to bloodlines of another Indian tribe in addition to ours. The person requesting relinquishment

does so in order to access a benefits provided by the tribe they are enrolling in (and out of the CPN). These documents are reviewed extensively by Mr. Clark and he is present in the legislative chamber to answer questions that the representatives may have (sometimes late into the evening).

In closing I'd like to thank Tribal Rolls and the department head for the job they do. Please take the time to visit with them in June while at the Nation or at a regional meeting in the future.

Dave Carney
dcarney@potawatomi.org
360.259.4027



Bozho Nikan,

Thank you Oklahoma (District 9) for allowing me to serve another term as your representative. We are the only American tribe with a national legislature, which we can take considerable pride in. It has been my honor and responsibility to represent Oklahoma in this governmental body. I also thank all of those on Facebook who congratulated me and wished

District 9 - Paul Wesselhöft

me well If I can be of service to you, please let me know.

This is my last year in the Oklahoma State Legislature because of term limits. These twelve years have been a wonderful experience for my family, and me; and I have been able to pass numerous bills, which have made Oklahoma a greater state. Representing Moore and south Oklahoma City has been an honor and duty; and I thank those citizens for the confidence they invested in me.

Concerning my future after the Oklahoma session, I have applied to several universities in a desire to earn a Master of Fine Arts degree in Fiction and Creative Writing. I have been writing poetry since I was 15 years of age. I have written numerous man-

uscripts of poetry, essays, short stories, and plays. It is my hope that someday I will obtain a publisher and turn some of these manuscripts into books. I hope to get to know more of you in the near future.

Migwetch.

I will leave you with one of my poems:

The Sacred, The Profane

*The sacred, the profane,
One in the same,
But not always.
In the beginning,
Glaciers receded, and land divided from the great deep.
Waters rushed river banks, carved canyons,*

*Settled into seas, lakes, and greater lakes.
Five of these great lakes pooled in one area of the world.
Waters flow from one lake to another until they explode over a great cliff.
Eagles fly high through the spray, peering down, diving, clawing fish.
In the day, the sun shoots through the spray, arcs into a rainbow.
In the nights, the moon lights the water's path over great rocks
And down the turbulent, silver river.
Indians, native to this majestic site, revered, nurtured the land,
And from its waters were*

*abundantly fed.
This was their life, sacred.
In the new world, helium balloons by day invade the sky,
And helicopters buzz where eagles once flew.
By nights, bright lights, artificial, illuminate controlled flowed water.
Masses of millions fill tall hotels, gamble in casinos, shop stores,
And explore commercial carnivals, museums and festivals.
Tourists gawk at tightrope walkers and daredevils in barrels,
Risking their lives for the crowd's amusement.
This is their life, profane.*



Bozho,

Sacred plant: Tobacco

Tobacco (*sema*) is one of the four sacred plants. It comes from the east direction and represents balance. The other three sacred plants are sage, sweetgrass and cedar. Anishnabe use a form of tobacco known as *kinikinik*, or a red willow mix. When tobacco is used to make smoke, it is one of the most sacred of plants for Native people.

As I wrote in my last column

District 10 - David Barrett

on smudging, ceremonies using tobacco invoke a relationship with the energies of the universe and ultimately the Creator. The bond made between earthly and spiritual realms is not to be broken.

Giving tobacco is a beautiful way of our people. The tradition of our Native American ancestors was to always carry a tobacco pouch or bag (*semyon*) when they traveled to present as a gift for hospitality.

There are four traditional uses for tobacco.

Prayer: When we put sacred tobacco into our sacred pipes, we are also using this tobacco to communicate with our ancestors. We do not inhale the sacred smoke that comes from the pipe. When the smoke rises, it is taking our prayers to the Creator and all of our relatives who

have gone before us.

Offerings: Tobacco is given to elders when one is seeking advice. Tobacco is offered when you ask someone to perform a ceremony for you, such as a name-giving, drumming or singing, smudging, a sweat or a sacred pipe ceremony. In any ceremony, tobacco is also placed on the fire of a prayer circle when entering and during.

Respect: Sacred tobacco is used for prayers of gratitude to thank our Creator of Mother Earth for our many blessings. When any plant is picked or any animal is taken, tobacco and prayer must be given to show respect. When you gather an eagle feather, it will be smoked. When you make an eagle staff, you need to smoke all parts of the staff when you gather the feathers or when they are gifted to you. This

includes the wood for the staff. It's not the quantity of tobacco presented but it's the sacredness that counts.

Purification: Tobacco is used in the offering of prayer to the Creator, acting as a medium for communication. It is offered to the fire, so the smoke can lift the prayers to the Creator, or it is set on the ground in a nice, clean place.

Tobacco can be a healer or a destroyer. When used in a sacred way, it can promote good health and assist with spiritual guidance and growth. When it's not used in a sacred way, it can be very harmful. Commercial tobacco is a poison containing more than 4,000 chemicals. When tobacco is used as a drug: smoking daily or chewing, it is not being used in a sacred manner.

All my columns are written

to encourage you to read and enjoy what I skim on the surface of that further our understandings of our culture. With that being said I hope you will get a little taste and do more research on your own. As I have said before, I don't claim that this is the 100 percent way of doing things, but I've learned from my process.

It goes without saying, thank you for allowing me to represent you and our great Nation.

Migwetch,

David Barrett/*Mnedobe* (Sits with the Spirit)
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Rebecca Cook



Rebecca Cook, 51, peacefully passed away on Nov. 30, 2015. She was born and raised in Poplar Bluff, Missouri before making her home in Somerville, Tennessee.

Becky had worked at Krogers in Oakland, Tennessee for many years and spoke many times of how she enjoyed her coworkers and her customers. She also loved arts and crafts, reading, singing and writing poems. She loved sharing Bible verses and helping all of those she could.

Becca collected Native American dolls and was proud to be a member of the Potawatomi Nation.

Surviving Becky are her parents Alex and Peggy Hutson, family Kaye (Kenny) Spencer, Ronnie (Cheryl) Williams, Lorelee Hutson, Larry (Carolyn) Hutson, Teresa (Ross) Gilmore, Cyndi (Tim) Oliver, Lou (Walter) Willoughby, and many nieces and nephews.

A graveside service was held on Dec. 12, 2015 at Browns Chapel in Broseley, Missouri. A candle light memorial gathering was held on Dec. 13, 2015 at Victory Life Church in Somerville, Tennessee in which many gathered to share Beccas' favorite foods, share stories, laughter and tears.

Waiting for Becky in heaven were her grandparents, Hazel and Irvn Williams and her Great Grandparents Oscar and Ozetta Sanders.

Missing you Becky, we'll see you when we get there.

Mary Katherine Skipton



Mary Katherine Skipton – whose Potawatomi name was *Msko Moewe Kwe* (Red Wolf Woman) - 80 of Deerfield, Kansas died Nov. 11, 2015 at St. Catherine Hospital in Garden City.

She was born Oct. 12, 1935 in Deerfield, Kansas the daughter of Joe & Sybil (Jones) Anderson.

Mary lived most of her life in Deerfield where she attended Deerfield schools. On March 25, 1951 she married John Hoy Skipton in Deerfield. Mary began her career as a nurse's aide at St. Catherine Hospital. She then worked as a nurse's aide at the Kearny County Hospital where she also worked as an EMTIC. Mary later became the city clerk for the City of Deerfield and later retired as the deputy county clerk for Kearny County.

She was a member of the Deerfield United Methodist Church, United Methodist Women, The Red Hat Society, Finney County Senior Center, EHU, Grange, Citizen Potawatomi and she was very involved with the start of Deerfield PRIDE.

Mary was an avid Kansas City Royals fan. She enjoyed word search puzzles and all of her family's interests and attended her grandchildren's events. She loved living in Deerfield.

Survivors include her four children: Sharen and husband Rod McMillan, Katherine and husband Don Tabor, Nancy and husband Monte Miller, and Steven and wife Sandy Skipton all of Garden City; a brother: James and wife Janet Anderson of Long Island; a sister: Judy and husband Chuck Gead of Kansas City, Missouri; 21 grandchildren; 30 great grandchildren; and three step-sisters: Frances Skipton, Stella McGinn, and Mary Sue Smith.

Mary is preceded in death by her husband, John, who died on Nov. 22, 2005; her parents; her step-mother: Ruth Anderson; two brothers: Charles Anderson and Frank Anderson; a sister: Laura Slattery; two step-brothers: Warren Rigdon and Gene Rigdon; and two step-sisters: Reva Welch and Georgia Carter.

Funeral services were held on Monday, Nov. 16, 2015 at the Deerfield United Methodist Church with Pastor Doug Olson officiating. Burial followed at the Deerfield Cemetery.

The family requests memorials given to the Mary Skipton Memorial Fund in care of Garnand Funeral Home.

Condolences may be given at www.garnandfuneralhomes.com.

Anthony Paul Blackman



Anthony Paul Blackman passed from this world to God's glorious world Dec. 22, 2015, surrounded by his family.

He was born Nov. 18, 1969, in Aiken, South Carolina.

He attended New Mexico Junior College, receiving an Associate in Applied Science Degree (Hobbs, New Mexico), University of New Mexico (Albuquerque) and Portland State University, (Portland, Oregon), where he studied Japanese language.

Anthony loved to sing. He was a member of the A Cappella choir at HHS and the NMJC Jazz Choir and loved Karaoke. Anthony was a proud member of the Citizen Potawatomi Nation Indian tribe.

He and his wife were married March 10, 1996 at the Go Shrine in Kyoto, Japan. Anthony lived and worked in Japan for over 20 years. He enjoyed riding his motorcycle throughout the countryside and mountains enjoying the majestic views. Anthony found his calling to be a teacher while living in Japan. He and his wife established the Ei!Ei!Go! English Language School in Kyoto and it flourished under his direction. He made learning fun for children and adults alike.

Anthony was preceded in death by his mother: Marilyn (Peterson) Blackman; baby brother: Gregory James; paternal grandparents: Mr. and Mrs. A G Blackman Sr., Hobbs, New Mexico, maternal grandparents: Mr. and Mrs. Hollis Peterson, Storm Lake, Iowa; aunt's: Dorothy Guthrie, Delia Douglas; uncle's: Ashley G. Blackman Jr, Jerry Mitchell; cousins:

in's: Danette Blackman, Devoril Strange and Deidra Woods.

He is survived by his wife: Atsumi; children: Ria (17) and Anna (15); parents: Thomas and Shirley Blackman; siblings: Mark (S-Sarah, Matthew, Katie) Guildford, England, Brian (S-Allison, Isabella, Cole) Vienna, Virginia, Nicole Bishop (S-Albert, Allyson, Emily, Kennan) Hobbs, New Mexico, Steven Bishop, Lubbock, Texas; aunt's: Doris Mitchell, Richardson, Kay Blackman, Clinton; wife's parents: Kenzo and Taeko Kimoto; sister: Yasue, Kyoto, Japan.

Patricia Louise Highsmith



Patricia Louise Highsmith of Miami, Oklahoma passed away Sept. 17, 2015 at the home she had shared with her husband Bob (Wood) Highsmith. She was 80.

Patricia was born Aug. 1, 1935 in Miami to Arthur and Jessie (Slavin) Wagner. She had lived in the Welch and Miami area most of her life. She worked in the payroll office for B.F. Goodrich for many years and later at Miami Veterinary Center, both in Miami. She married Bob Highsmith on Dec. 28, 1956.

Patricia is survived by her daughter: Bobbi Ritchey of Lee's Summit; brother: Charles Wagner of Fort Worth, Texas; two sisters: Juanita Winton of Austin, Texas and Linda Klaus of Tulsa, Oklahoma and three grandchildren.

Submitting obituaries

To submit an obituary, please send a word document with **no more than 300 words**, a 300dpi photo and a contact phone number to hownikan@potawatomi.org.

CPN burial assistance through Tribal Rolls

The \$2,000 CPN Burial Assistance Fund is automatically available to all enrolled CPN members. You may fill out a burial assistance fund form if you would like for us to keep it on file in case of any change in resolutions.

Please note: Once a CPN Tribal member has passed, the Tribal Rolls office must

be notified in order for CPN to provide burial funding. Information and instructions for the burial process will be sent to the next of kin and will be discussed then.

For more information please call Tribal Rolls at 405-878-5835 or email CClark@Potawatomi.org.